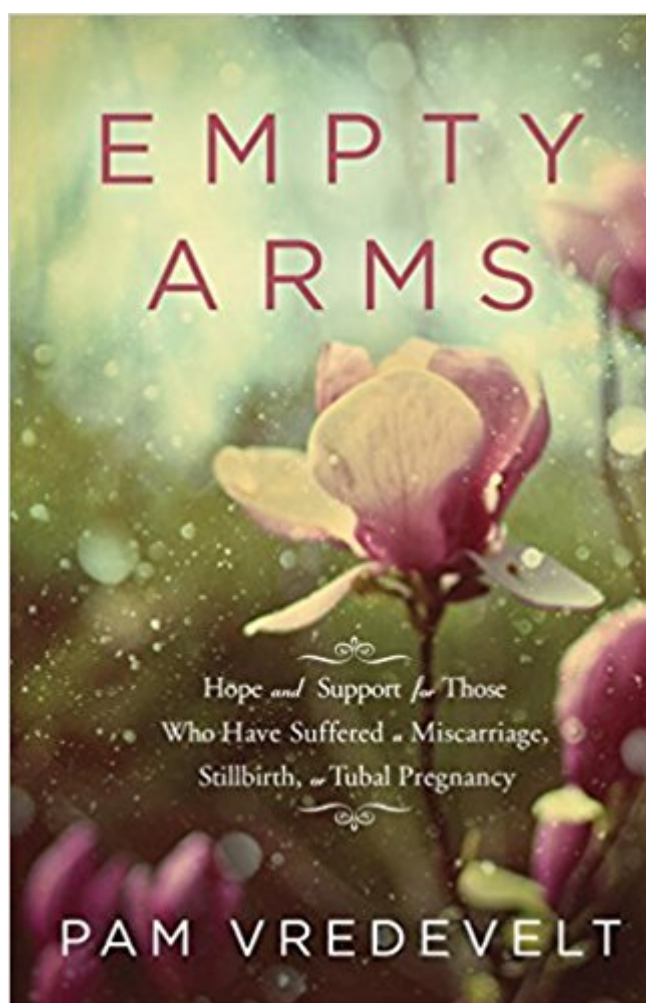


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# Empty Arms: Hope And Support For Those Who Have Suffered A Miscarriage, Stillbirth, Or Tubal Pregnancy



## Synopsis

Now with updated content. "I'm not picking up a heartbeat." These are the most dreaded words an expectant mother can hear. As joy and anticipation dissolve into confusion and grief, painful questions refuse to go away: Why me? Did I do something wrong? How will this affect my ability to have a family? What do I say to my children without scaring them? With the warmth and compassion of a Licensed Professional Counselor and writing as a mother who has suffered the loss of a baby and a sixteen-year-old son, Pam Vredevelt offers sound answers and advice. As an expert in love and loss, Pam gives reassuring comfort to any woman fighting to maintain stability and faith in the midst of devastating heartbreak. *Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* is the essential guidebook for anyone suffering the agony of losing a baby.

## Book Information

Paperback: 176 pages

Publisher: Multnomah; 2nd edition (June 30, 2001)

Language: English

ISBN-10: 1576738515

ISBN-13: 978-1576738511

Product Dimensions: 5.2 x 0.5 x 8.2 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 72 customer reviews

Best Sellers Rank: #50,321 in Books (See Top 100 in Books) #121 in Books > Self-Help > Death & Grief > Grief & Bereavement #124 in Books > Self-Help > Relationships > Love & Loss #246 in Books > Religion & Spirituality > Worship & Devotion > Inspirational

## Customer Reviews

"Healing from a miscarriage or stillbirth is a complicated process, and having walked that road with several close friends, I know how essential Pam's counsel is. Both from personal and professional experience, she has been beautifully equipped to help the process of healing physically, spiritually, and emotionally. Girded with biblical truth, this book will resonate with and help many, many readers." -Shaunti Feldhahn, Social Researcher and Best-selling Author of *For Women Only* "Pam captures the heart of what women experience when losing a baby. Her willingness to share her story is an inspiration! The practical advice and wisdom found in 'Empty Arms' is second to none." -Dr. Gary Smalley, Family Counselor, Best-selling Author,

appearances on *Oprah Winfrey*, *Larry King Live*, *Extra*, and the *NBC Today Show*. "Where do you turn when you suffer the deep and very personal loss of a baby? *Empty Arms*, offers tender words of hope and wisdom for those in grief. Pam Vredevelt's keen insight into the physical, emotional, and spiritual impact of losing a baby brings peace and comfort to broken hearts. After four miscarriages, I seriously wondered if I'd ever NOT be sad. I wish I had known about *Empty Arms*. I highly recommend this book!" -Lisa Jacobson, Founder of Club 31 Women blog, Award winning author "Pam's ability to relate with women suffering the trauma of pregnancy loss, and to guide them through the healing process is amazing! The best people to help us heal are always those who fully understand and empathize with our hurt." -Michael Smalley, Best-selling author and CEO of Smalley Institute.

Pam Vredevelt is a Licensed Professional Counselor, popular inspirational speaker, and bestselling author of the *Espresso for a Woman's Spirit* series, *Angel Behind the Rocking Chair*, and *Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy*. Pam, John, and their three children make their home in Gresham, Oregon.

I found this book very encouraging. We lost our 3rd son at 19 weeks gestation. This book helped me process and grieve. It was also helpful in understanding how my husband might grieve differently and what my children might be feeling/thinking but not verbalizing. I love the hope found in this book. Our hope is in the Lord! I recommend this to everyone who has had a miscarriage.

Best book for someone who has gone through miscarriage or stillbirth. Started reading the day after I miscarried at 12 weeks pregnant. Loved the Scriptural truths as well as practical advice for dealing with human emotions and grieving. Highly recommend for anyone who has personally experienced a loss and those who are friend or family to someone who has experienced lost to know how to help them and also deal with their own grief.

I came across this book while struggling after the miscarriage of our 3rd baby. It has been wonderful and I would highly recommend it to anyone who has had a miscarriage. It has helped me tremendously to process through our loss. This would be a wonderful book to give to a family member or friend who has had a miscarriage also.

Also get the journal along with the book.

Gave it as a gift to a dear friend.

Bought this after my sister-in-law recommended it. Our daughter recently had a miscarriage and also a friend had a stillbirth. This explains what they are feeling and gives them encouragement. It helps them to keep turning to the Lord for strength. Thankful for his book.

Reading this book right after delivering my stillborn baby was comforting. It reminded me I am not alone on this journey and that none of this is my fault. I recommend this book to anyone suffering any type of pregnancy loss.

Provided great comfort to my daughter after her recent loss. Well written, thank you.

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