



Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents and Families (Healing Your Grieving Heart series)

By Alan D. Wolfelt PhD

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Beloved grief educator Dr. Alan Wolfelt compassionately explores the common feelings of shock, anger, guilt, and sadness that accompany a stillborn child, offering suggestions for expressing feelings, remembering the child, and healing as a family. Ideas to help each unique person—mother, father, grandparent, sibling, friend—are included, as are thoughts from families who experienced a stillbirth. This new addition to Dr. Wolfelt's popular series is a healing companion to families when they need it most.

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Editorial Review

About the Author

Alan D. Wolfelt, PhD, is a speaker, a grief counselor, and the director of the Center for Loss and Life Transition. He is the author of *Healing a Parent's Grieving Heart*, *Understanding Your Grief*, and many other bestselling books on healing in grief. He lives in Fort Collins, Colorado.

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