



No U-Turn at Mercy Street : A Memoir and Resource Guide for Grieving Parents

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Being a parent is always challenging, but nothing can prepare you for the most devastating parenting challenge of all: the death of your child. No U-Turn at Mercy Street shares one parent's very personal journey through the grief of losing her unborn daughter, and the labyrinthine path she followed to find a new way to live. In this honest and touching book, Marriage and Family Therapist Chandrama Anderson shares her personal journal from that most difficult time in her life. And then, from the point of view of a clinical psychotherapist who specializes in working with parents who've lost children of all ages, she offers practical steps and specific resources to help you regain your balance, learn to cope, and eventually live beyond survival.

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