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Nota di contenuto	Cover -- Copyright -- About the Author -- Dedication -- Table of Contents -- Introduction -- 1. Sharing Your Story -- 2. Creating Your Survival Guide -- 3. Grieving -- 4. Getting the Support You Need -- 5. Your Relationship After Miscarriage -- 6. Your Relationship with Your Body After Pregnancy Loss -- 7. Shame After Miscarriage -- 8. Moving Forward, Not On -- References.
Sommario/riassunto	In The Miscarriage Map Workbook, Dr. Osborn offers a straightforward roadmap to help women move through the trauma and grief of pregnancy loss, allowing them to feel deeply understood, better equipped to handle life stressors, and more empowered to move forward in life.