



# And Then You Were Gone: Restoring a Broken Heart After Pregnancy Loss

*Becky Avella*

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Has the loss of a baby during pregnancy left you with an unbearable sadness and a hole in your heart that seems impossible to mend? Do you wonder if it's possible to ever feel normal again? Do you have a friend or family member who miscarried? Do you long to support them through their grief, but fear saying or doing the wrong thing? 'And Then You Were Gone' is a spiritual and practical guide to healing after pregnancy loss. It points grieving hearts to real hope, and equips family, friends, churches, counselors, and others with understanding and tools for ministering to hurting families after loss. 'And Then You Were Gone' addresses issues such as: • The Need to Grieve • Assurance of God's Love • Battling Bitterness • Conquering Depression • Surviving Spiritual Attack • Dealing with Insensitive Comments • Facing the Future • And How to Help Someone Who's Miscarried After reading this book you will deepen your understanding of this unique grief, acquire tools for dealing with the difficult issues present in pregnancy loss, and learn what is effective and ineffective in supporting grieving families.

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