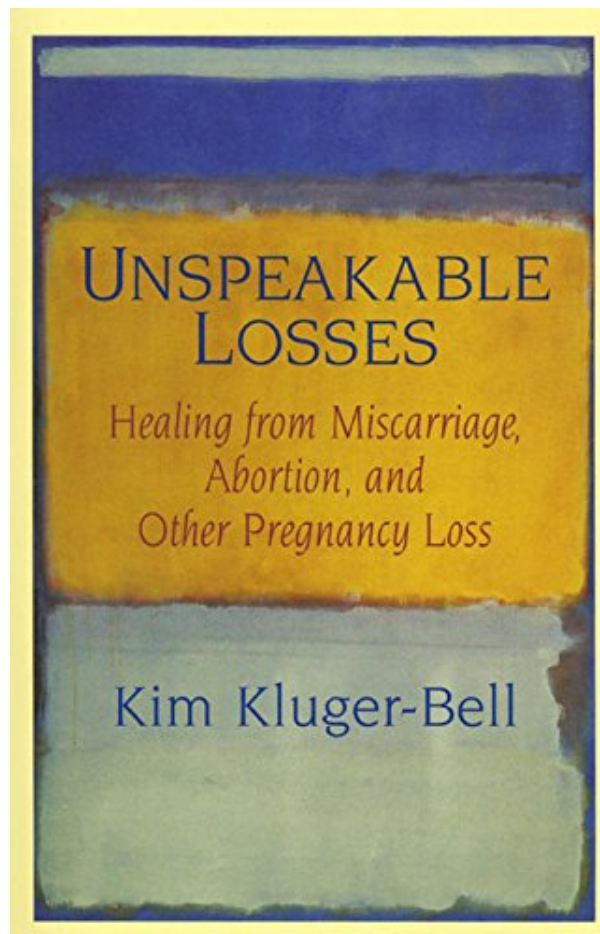
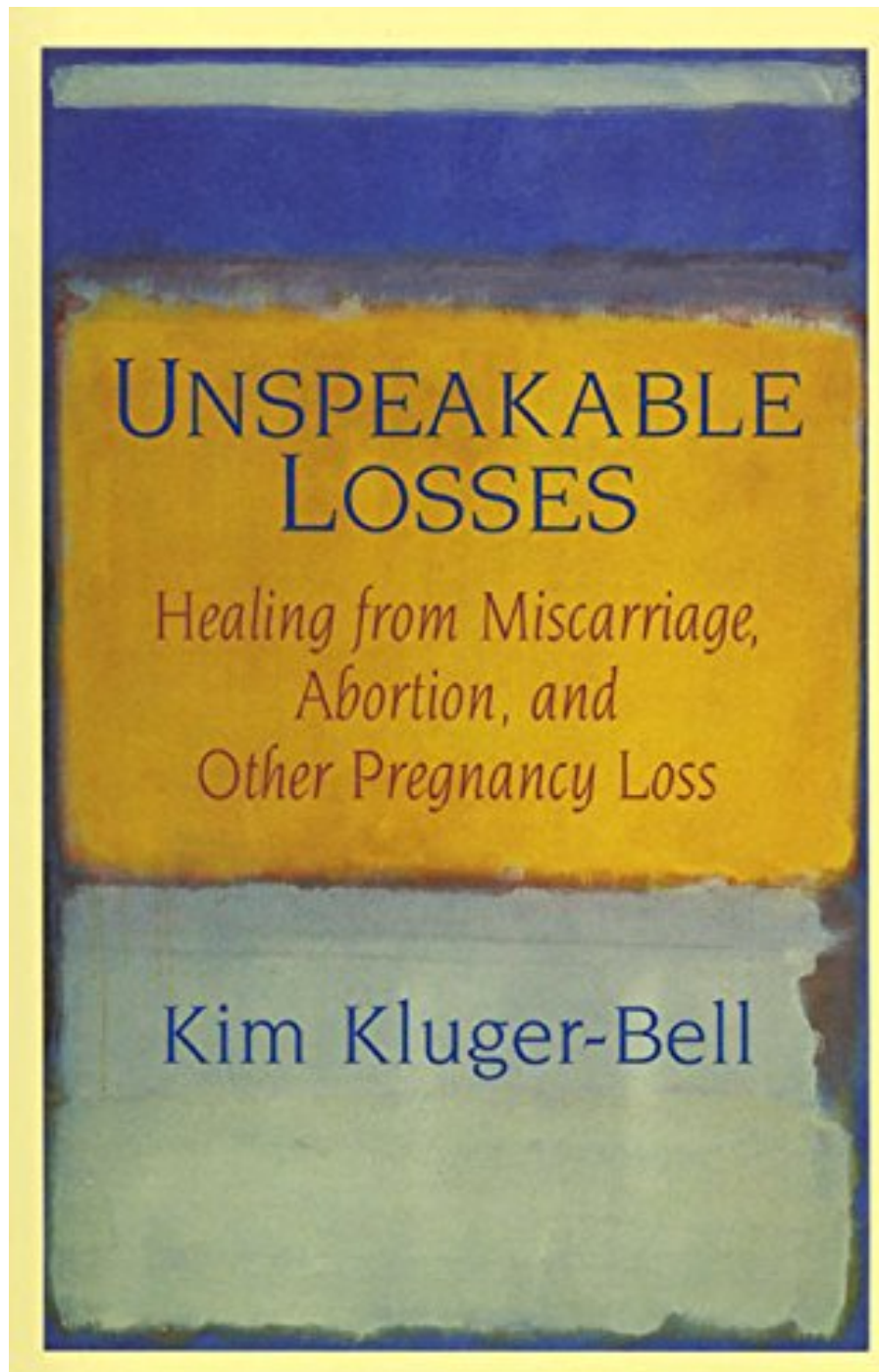


# UNSPEAKABLE LOSSES: HEALING FROM MISCARRIAGE, ABORTION, AND OTHER PREGNANCY LOSS BY KIM KLUGER-BELL



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## **Amazon.com Review**

For those who have suffered a miscarriage or stillbirth--or those who have elected to terminate a pregnancy--the experience has all too often been minimized and misunderstood. According to author and psychotherapist Kim Kluger-Bell, pregnancy loss can be described with one word: unspeakable. In this remarkable and moving psychological study, Kluger-Bell examines the "shadow side" of being pregnant--the unspoken grief of losing a pregnancy before birth through miscarriage, abortion, or stillbirth.

*Unspeakable Losses* includes in-depth stories from would-be parents (including Kluger-Bell herself) discussing such diverse issues as multifetal reductions (more and more common as in vitro fertilization procedures become widespread), the male experience of pregnancy loss, and how a woman can be pro-choice yet still suffer grief over choosing abortion. She includes tools for moving through the grieving process, discussing losses, and helping loved ones who have experienced pregnancy loss. This caring, understanding book may help give voice to those who have previously found it too painful to speak. --Ericka Lutz

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## **About the Author**

Kim Kluger-Bell is a psychotherapist and marriage and family therapist in private practice in Berkeley, California. She specializes in helping individuals and couples heal from such reproductive crises as infertility, pregnancy loss, and abortion. She lives in Albany, California, with her husband and son.

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This comforting and healing book is a must--not only for women who have at one time experienced pregnancy loss but also for their parents, sisters, daughters, brothers, and friends. Kim Kluger-Bell's extensive fieldwork as a therapist specializing in the psychodynamics of reproductive crises strips away the shrouds of silence surrounding pregnancy losses and abortions, giving new voice to these "unspeakable losses."

Filled with in-depth stories of those who have experienced losses and solid, practical advice with mourning rituals and services, *Unspeakable Losses* is a necessary companion to all those who have experienced pregnancy loss and those who care about them.

This soothing book is a must--not simply for women who have experienced pregnancy loss, but also for their partners and those who care about them. Kim Kluger-Bell, a therapist specializing in the psychodynamics of losing a child before birth--whether to abortion, miscarriage, or other loss--strips away the shrouds of silence surrounding this unique pain. She gives new voice to these "unspeakable losses," in a culture that has rendered its discussion taboo.

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## Most helpful customer reviews

25 of 29 people found the following review helpful.

An amazing insight into a complex and emotional subject.

By Janet Sackman

Reading this book has been a very thought-provoking experience for me, on many levels. I have read many books on miscarriage and other forms of pregnancy loss, but none has attempted the links that this book has. The author looks at the way in which pregnancy loss is seen by Western societies and explores the resulting effects on women who lose babies in different circumstances. There is much balance and sensitivity in this book, which is a tremendous achievement for the author.

What I found particularly illuminating was the way in which case studies are used to look at how losing a baby can echo previous experiences, particularly in childhood. Whilst readers are unlikely to be carbon copies of the people described in the case studies, there are many subtle threads within them to make you just stop and think, and begin the fascinating process of making connections between your own experiences.

I wrote down some key quotes from it in my journal, so that I could reflect on them and see if applying them to my own experience of pregnancy loss and childhood would reveal any new interpretations for me. There are not many books which achieve that level of insight!

The reference section at the back includes Internet web sites, which reflects how up to date it is.

All in all, a terrific book which the author should be very proud of writing.

9 of 13 people found the following review helpful.

**A MUST READ IF YOU HAVE LOST A PREGNANCY!**

By Michelle

After loosing my first baby to miscarriage I went searching for answers to my feelings and emotions. At times I felt (and still do) like I was going totally crazy and my feelings were unjustified or an overreaction. Kim Kluger-Bell made me understand and realise that my feelings are normal and felt by many other women out there. The way she described many of the feelings and thoughts about other people could have very well be written about myself. I could really relate to what she was saying and she has made me understand that nothing is wrong with me - the problem is with society!

29 of 34 people found the following review helpful.

Best book on the topic

By Sarah Jensen

I read this book when it first came out several years ago and I still think it is the best book available on the topic of pregnancy loss because it is so intelligently written and profoundly moving. Its not just a book about loss, its a book about life! I have recently read a couple of negative reviews of this book--which seem to be based solely on the fact that the author includes abortion in several short sections of the book. I was shocked and dismayed to see that someone called the book "insensitive" for including abortion--clearly that reviewer is a very angry person! I hope that no one will be discouraged from reading this book because of that, because the compassion the author brings to both the topics of miscarriage, still birth and abortion is very healing for all.

See all 21 customer reviews...

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