

GRIEF AND HOPE THROUGH A FATHER'S EYES

Compassionate insights on living through miscarriage

Minneapolis, MN – June 28, 2012 – In his new book, *Letters to My Unborn Children: Meditations on the Silent Grief of Miscarriage*, Shawn Collins takes the reader from the grief and uncertainty of miscarriage through what ultimately becomes a beautiful journey of acceptance. Collins shares the prayers, writings, and music (including a song of his own) that formed this journey. While candidly acknowledging the pain of his children's deaths, he ultimately refuses to let the darkness of that loss be the end of the story.

Letters to My Unborn Children asks several basic questions. How should Collins and his wife process the shattering events of three miscarriages? Are they somehow defective because of the miscarriages? How do they respond to celebrations of life that reinforce the pain of their loss? How does he grieve a loss that is rarely recognized and frequently attributed only to mothers?

These questions are not new. They are asked daily by thousands of couples when pregnancies have unexpected results from miscarriage, stillbirth, or other tragedies. But people don't want to discuss pregnancies with unhappy outcomes. The ultimate gift that Collins offers is to give voice to that experience, including the joy of pregnancy, the grief of loss, and the way he and his wife decided to integrate the miscarriages into their family's life.

This is the new thing. Rather than sweep it under the rug, speak about it only in hushed tones or not at all, the Collins embraced their unborn children and made them part of their family. They overcame the social pressure to keep quiet or let miscarriage be something only mothers grieve. They learned to process their grief together, share it with their living children, honor the memory of those unborn children, and walk with others who grieve.

This touching and cathartic book will feed the souls of those who grieve, especially those who mourn pregnancy loss -- a grief that is too often hidden.

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Letters to My Unborn Children: Meditations on the Silent Grief of Miscarriage by Shawn Collins

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