



Coping With Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning

(Lifetools: Books for the General Public)

Amy Wenzel

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Pregnancy loss can be devastating, regardless of whether it is early or late in pregnancy or in the short period after a baby is born. In many instances, similar emotions are experienced when a couple learns that their fertility treatments were unsuccessful. Here, well-known psychologist Amy Wenzel applies the principles of cognitive behavioral therapy a thoroughly-researched approach for treating mood disorders, anxiety disorders, and stress-related disorders to the experience of reproductive loss. She offers strategies for coping with loss and provides a step-by-step guide to reengaging in life. With warmth and compassion, she helps readers journey toward healing.



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