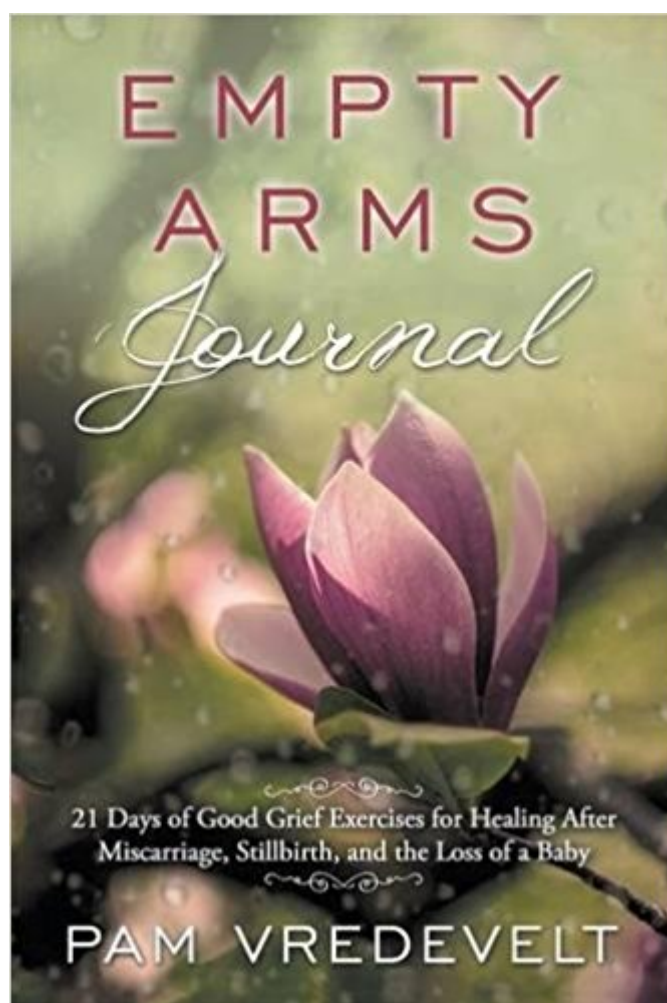


The book was found

Empty Arms Journal: 21 Days Of Good Grief Exercises For Healing After Miscarriage, Stillbirth, Or The Loss Of A Baby



Synopsis

FIND HEALING AND RESTORATION IN THIS COMPANION JOURNAL TO THE NATIONAL BEST-SELLER EMPTY ARMS: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy. Are you ready to take God's hand and courageously embark on a personal healing journey, using scientifically proven ways to embrace your loss and heal your heart? The Empty Arms Journal is a one-of-a-kind experiential guide for anyone - individuals, families, professional counselors, grief groups, and others who have been touched by the loss of a baby. This experiential guide promotes deep long-lasting renewal through journal writing when used with Pam's best-selling book, Empty Arms: Hope and Support For Those Who Have Experienced Miscarriage, Stillbirth, or Tubal Pregnancy. Over 100,000 copies sold. It is written by a Licensed Professional Counselor who guides with compassion, having suffered the devastating losses of a baby half way to term, and a sixteen-year-old son. This sought-after therapist has walked with thousands into complete recovery during twenty-five years of clinical practice. She now offers experiential grief release exercises in this step-by-step guide, to promote healing in the privacy of your own home. Each of the 21 days launches from a corresponding chapter in Empty Arms. Based on timeless Biblical wisdom and cutting-edge brain science, a proven 5-Step process nurtures renewal and transformation as you work through the profound pain of your loss. The Empty Arms Journal empowers you to: *Embrace your loss in the light of God's love *Let go of preoccupations that block transformation and fulfillment *Experience relief from the blinding pain of loss *Keep moving forward through grief without derailing or getting stuck in the unnecessary suffering or of prolonged grief. Why not start fresh on your healing journey today?

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Customer Reviews

"Pam captures the heart of what women experience when losing a baby. Her willingness to share her story is an inspiration! The practical advice and wisdom found in 'Empty Arms' is second to none." -Dr. Gary Smalley, Family Counselor, Best-selling Author, appearances on Oprah Winfrey, Larry King Live, Extra, and the NBC Today Show ["Pam Vredevelt's Empty Arms Journal is an indispensable tool for wading through the heart wrenching pain of a miscarriage to find hope. I clung to Pam's first edition of Empty Arms like a life raft after my miscarriage. It was passed down to me by my aunt, who had also been given the book during her time of loss, and I've since passed it to a friend who has done the same. Our copy is well loved and well worn, having been stained with countless tears, pages dogeared and many passages underlined highlighted or circled. The Empty Arms Journal now expands upon the richness of Pam's guidance, allowing the reader to fully engage in the healing process, also aiding the reinforcement of key concepts, encouragement and scripture. Pam's words and exercises provide optimal support, feeling like you're being wrapped in love while at your loneliest."](#) -Katie Harman Ebner, Miss America 2002 and Acclaimed Classical Vocalist Lyric Soprano ["Pam is my friend and I trust her. She is also brilliant, professional, intuitive and compassionate. Her work is not theoretical. She knows personally the heartbreak about that which she speaks and writes. As a result what she offers is deeply helpful. The challenge: you will not come to healing without your participation. You must do the hard work."](#) -Wm Paul Young, Author, The Shack, Cross Roads, Eve ["Where do you turn when you suffer the deep and very personal loss of a baby? Empty Arms, offers tender words of hope and wisdom for those in grief. Pam Vredevelt's keen insight into the physical, emotional, and spiritual impact of losing a baby brings peace and comfort to broken hearts. After four miscarriages, I seriously wondered if I'd ever NOT be sad. I wish I had known about Empty Arms. I highly recommend this book!"](#) -Lisa Jacobson, Founder of Club 31 Women blog, Award winning author ["Healing from a miscarriage or stillbirth is a complicated process, and having walked that road with several close friends, I know how essential Pam's counsel is. Both from personal and professional experience, she has been beautifully equipped to help the process of healing- physically, spiritually, and emotionally. Girded with biblical truth, this book will resonate with and help many, many readers."](#) -Shaunti Feldhahn, Social Researcher and Best-selling Author of For Women Only ["Pam Vredevelt has skillfully crafted a tool of healing that will be used mightily in the lives of all who are willing to use it. In the](#)

Empty Arms Journal: A 21-Day Guide For Healing After Pregnancy Loss she combines her gifts as a counselor, true life experience, and Scripture in a way that will help turn one's sorrow into joy. As a family physician, I plan to make this valuable resource available to my patients who experience pregnancy loss. In addition to being an incredible author, Pam is a beautiful person whom I have known many years." -Dr. James Walker, Family Practice Physician, Georgia

"Pam's ability to relate with women suffering the trauma of pregnancy loss, and to guide them through the healing process is amazing! The best people to help us heal are always those who fully understand and empathize with our hurt." -Michael Smalley, CEO of Smalley Institute.

"Professional counselor Pam Vredevelt knows the personal heartache of losing a child. Empty Arms Journal is a strategic book for helping you move forward in healing after loss." -W. Terry Whalin, author of more than 60 books including Billy Graham, a Biography of America's Greatest Evangelist.

Pam's reputation as a sought-after professional counselor, popular conference speaker, and best-selling author is built on her ability to explore real life issues with authenticity, warmth, and humor. Compelling stories, engaging faith, and perceptive insight give Pam the rare ability to inspire and empower audiences with practical tools for long lasting change. Pam is married to her best friend, John, and has four children. Two reside in the United States, two are in heaven. During the last 25 years Pam has served thousands of individuals as a professional counselor in private practice. Coming along side those in the depths of pain, she has walked with them on the path of healing. Her grace-filled wisdom, refreshing hope, and practical counsel have guided many towards complete recovery.

This book/workbook is the best resource I have found to coach women in grieving through to joy after losing a child thru stillbirth or miscarriage. Pam's language is full of compassionate warmth, weaving Scripture throughout in order to guide the reader into a safe place to grieve well. She helps us to see that the Father grieves with us. And she does all this without so much as a hint of bumper sticker platitudes. This is a book- really- for everyone who mourns.

I bought this for my niece. Pam is an extremely wise and gifted therapist. She never wastes your time and provides tools that, when applied, are game changers.

Our daughter lost our grandson at 7 months, he was stillborn and no reason for his death. He was perfect. This book has helped her and her husband in their grief as they begin to heal and move on

with life.

it has some good activities to help jot down your thoughts on a daily basis.

This book was the key to my healing when I experienced my first miscarriage. It provided answers to so many questions I had following the loss of my child. I left the doctor's office feeling alone and angry. I had so many questions! But I was afraid to talk about it. This book made me realize the importance of journaling my experience and feelings after such a loss. It provided me with the right tools to begin my personal healing journey. I would HIGHLY recommend this book for anyone who has experienced the loss of a child through miscarriage, still birth, etc..

Having had the privilege of working closely with Pam while she wrote this powerful volume, I know how deeply she understands the grief of losing a child and the process necessary for healing heartache. "Grief tends to hinder our ability to sense God's presence," she writes. "We wonder where He is, and why He didn't show up to write a different ending to our story." Surely this is a universal response to such a devastating loss, and Pam has been there. Both her book, *Empty Arms*, and now this companion journal are essential companions through the complexities of the grieving process. With deep compassion and hard-won wisdom, she walks alongside those whose hearts have been crushed and offers insight, comfort, and hope.

When I experienced the loss of our first child I was devastated. I didn't know how to deal with the pain in my heart. I felt alone. I read Pam's book *Empty Arms*- hope and support for those who have suffered a miscarriage, stillbirth, or tubal pregnancy. It became my safe place for working through an understanding the grief. Recently, I had the privilege of reading the *Empty Arms Journal*. Pam speaks truth from her own painful experiences in a way that brings hope encourage. The journal piece is a most valuable tool for processing and working through the grief. It is like the icing on the cake! I highly recommend this book.

My wife has had four miscarriages. We wish this had been available when she was dealing with this. Her faith carried her through, but this journal could help women walk through the emotional process of dealing with the loss of a child. Journaling is a great idea to have something to look back on to see how far God has brought you. Journaling shows your journey. This is a beautiful idea! Thank you for writing it!

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