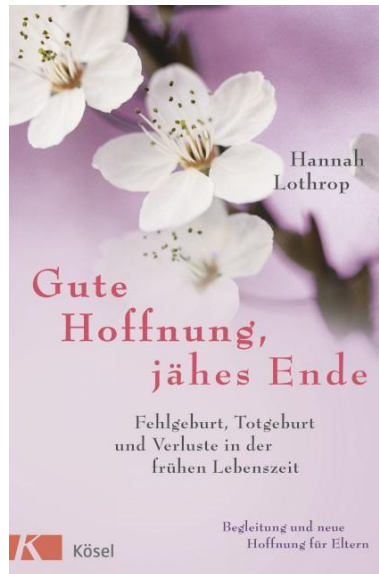


A sensitive guide for parents suffering loss and for all those who wish to provide support



Hannah Lothrop **Expectant Joys – Sudden Grief**

[Gute Hoffnung, jähes Ende]
Miscarriage, stillbirth and loss in the early months. Support and new hope for parents

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Hannah Lothrop (1945–2000) was a psychologist, psychosynthesis therapist, breath therapist after Prof. Ilse Middendorf, and the pioneer in holistic birth preparation for couples and in the breastfeeding group movement in Germany. Motivated by her own personal sadness, she has helped many parents through the grief over the death of a child and has provided a decisive impulse for working with grief through international education symposia and workshops.

This book supports parents through their grief at the loss of a child. Giving many personal statements of people who have lived through such experiences, the author shows that such parents are not alone with their feelings and reactions and that this time of bleak despair can be overcome.

Hannah Lothrop takes the reader sensitively through the various stages of the grieving process and describes many practical aids (such as body and breathing exercises, theme-related meditations, visualisations, and many more). The comprehensive appendix contains details of further reading, numerous contact addresses and the most important legal details. A guide for parents suffering loss and for all those who wish to provide support.