



Fathers Feel too

a book for men by men on coping with the death of a baby

Andrew Don

When Andrew Don's baby Lara Jean died at five months in the womb, the hospital consultant sent his wife a condolence letter. Andrew flipped.

"What was I – a non-person? Lara Jean was my baby, too. I'd read the books and seen the movie. I was prepared for fully-fledged fatherhood and had signed up for the full deal. Count me in, I'd announced to the universe," he writes.

For five months Andrew had dreamed of what it would be like to be Lara Jean's dad. Now, in a cold, impersonal letter, the hospital did not even acknowledge him or his grief.

Seven years on he turned his experience into a book telling the stories of 10 men who have lost babies either during pregnancy, at birth or during the first year of life.

Here for the first time in a single book, men from the UK, US, Canada and Australia confront their grief and describe how, several years down the line, they have begun to live again.

Fathers Feel too is a book for men who are grieving, and for those who love them. It should be essential reading for medical professionals and for all those who provide support to bereaved parents.



SANDS
28 Portland Place
London W1B 1LY
Tel: 020 7436 7940

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