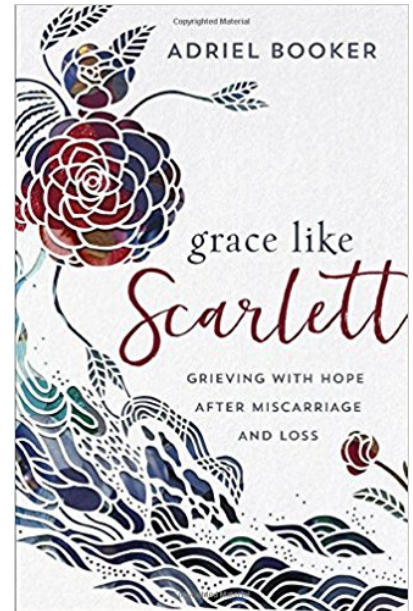


Navigating the Waves of Grief with Hope after Miscarriage & Loss

Though one in four pregnancies ends in loss, miscarriage is shrouded in such secrecy and stigma that the woman who experiences it often feels deeply isolated, unsure how to process her grief. Her body seems to have betrayed her. Her confidence in the goodness of God is rattled. Her loved ones don't know what to say. Her heart is broken. She may feel guilty, ashamed, angry, depressed, confused, or alone.

In *Grace Like Scarlett: Grieving with Hope after Miscarriage and Loss*, Adriel Booker shares her own experience of three consecutive miscarriages, as well as the stories of others with vulnerability and tenderness. She tackles questions about faith and suffering with sensitivity and clarity, inviting women to a place of grace, honesty, and hope in the redemptive purposes of God without offering religious clichés and pat answers.



Grace Like Scarlett is broken up into six parts including:

- Part One- Blindsided: Pummeled by the Force of Loss
- Part Two-Overboard: When You Think You Might Drown
- Part Three- Adrift: Navigating the Waves of Grief
- Part Four- Marooned: The Isolation of Bereavement
- Part Five-Anchored: A God Who Can Be Trusted
- Part Six- Onward: Adjusting Your Sails for Uncharted Waters

Booker also shares specific, practical resources in a rich appendix: a section for grieving dads (written by her husband), ideas for helping guide children through grief, navigating pregnancy after loss, how to support a friend after miscarriage, and more.

“The power of grief can, and sometimes will, sweep us off our feet. But we can learn how to breathe under the deep. We may even learn to open our eyes there. We *can* grieve with hope. We may be brokenhearted or even crushed, but we will not be destroyed. We might even find that, in our weakness, we’re stronger than we think,” Booker says in *Grace Like Scarlett*.

Grace Like Scarlett: Grieving with Hope After Miscarriage and Loss

By Adriel Booker

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About the Author

Adriel Booker is an author, speaker, and advocate based in Sydney, Australia who believes storytelling, beauty, and the grace of God will change the world. She's become a trusted voice in areas of motherhood and parenting, Christian spirituality, and global women's issues. Adriel is also known for her work with the Love A Mama Collective—serving under-resourced women in developing nations through safe birth initiatives—as well as her years spent as a leadership coach and Bible teacher in YWAM, local churches, youth events, camps, and conferences. Her latest book is *Grace Like Scarlett: Grieving with Hope after Miscarriage and Loss* and she's also released a [free guide on how to journal through grief](#). Find Adriel across all social media platforms at [@adrielbooker](#) or her blog: www.adrielbooker.com/welcome.



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Suggested Interview Questions

1. Why did you choose to tell people about your pregnancies straight away instead of waiting until after twelve weeks?
2. Why did you choose to share openly about your miscarriages?
3. You often say that miscarriage isn't a women's issue, but a family issue. What do you mean by this?
4. What is the best way to care and support someone who has just had a miscarriage?
5. What is one thing you wish more people knew about having a miscarriage?
6. How did your relationship with God change after losing your first baby? How did your faith get tested after losing the second and third?
7. You include journal prompts at the end of each section. Why is it so important for readers to reflect on their own journey?
8. What emotional toll did losing three babies have on you and your family? (*Continued on next page.*)
9. How different is it to lose an unborn baby as a mother compared to as a father? What about as a sibling?
10. What are some ways you can work through your miscarriage with God?
11. Throughout the book you compare grief to waves. Can you explain why you chose this metaphor?
12. You describe two things that you believe are essential to grieving with hope. Can you explain these?
13. You're the founder of Love A Mama Collective. Can you talk a little bit about what Love A Mama Collective is and what you do?