



Amie Lands is the author of **Navigating the Unknown: An Immediate Guide When Experiencing the Loss of Your Baby** and an ongoing contributor at **Still Standing Magazine**. She is the proud founder of The Ruthie Lou Foundation as well as a Certified Grief Recovery Specialist®. Since her daughter's brief life, Amie's passion is offering hope and providing support to bereaved families. Amie lives in California, United States with her husband and their two sons.

Our Only Time: Stories of Pregnancy/Infant Loss with Strategies for Health Professionals

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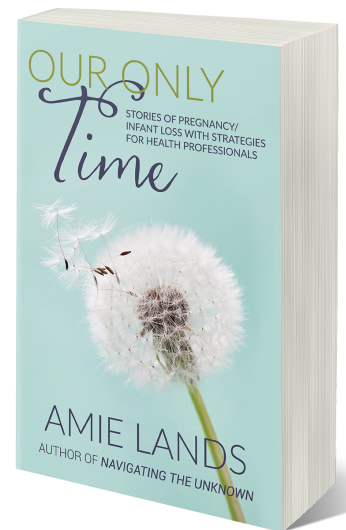
OUR ONLY *Time*

AMIE LANDS
AUTHOR

STORIES OF PREGNANCY/
INFANT LOSS WITH STRATEGIES
FOR HEALTH PROFESSIONALS

Our Only Time was created to motivate, inspire and show appreciation for the health professionals who support parents through infertility and pregnancy/infant loss. Through heartfelt stories, families share the sacred time spent with their baby — whether in utero or after birth — and offer strategies that health professionals can integrate into their daily practice to best support the bereaved during this devastating time.

Through intimate stories and the suggested strategies, health professionals can better understand and support grieving parents. As a result, health professionals can best guide families through this experience, empowering them to have the least amount of regret and allowing for the greatest possibility of healing in their grief as they re-enter the world.



be compassionate. be human. be loving. be kind.

“*Our Only Time* provides readers with insight that could otherwise take years of clinical experience to encounter, and with this book, Amie Lands provides us with a narrative medicine “textbook,” a meaningful experience of love, grief, and hope, and a useful practical guide to be better caregivers.”

—CHRISTINE E BISHOP,
MD, MA

Neonatologist, Medical Director of
Neonatal/Perinatal Palliative Care
*Wake Forest University School
of Medicine, Brenner
Children's Hospital*

“.... a love letter to health professionals who work with parents whose babies have died. For midwives, nurses, physicians, technicians, counselors, therapists, chaplains, and social workers, this heartfelt book offers clarity and inspiration for offering the care that parents crave; care that fosters their coping, adjustment, and transformational healing.”

—DEBORAH L. DAVIS, PhD,
Developmental Psychologist &
Writer. *Empty Cradle, Broken Heart:
Surviving the Death of Your Baby*

“Every healthcare provider who works with expectant families should be required to read this book. *Our Only Time* is a perfect blend of resources - heartbreaking stories from loss families, side by side with practical and essential information for those who care for them.”

—KAYTEE FISHER,
Registered Nurse
and bereaved mother