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BOOK RELEASE

*Inspiring Hope
through
Connection*

*Non-grandparents need to be supported on their life journey
as they often carry a sorrow they keep secret from others.*

Secret Sorrow: Grieving and Healing as a Non-Grandparent in a Grandparenting World

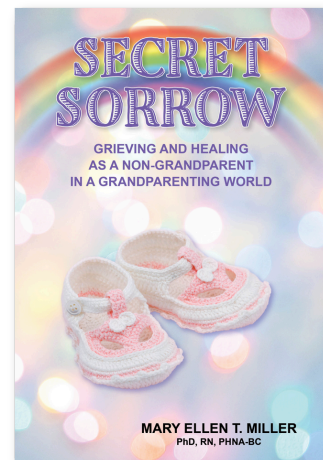
by **Dr. Mary Ellen T. Miller**

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The pain is deep, but the wound is not one those who are feeling it are free to openly discuss without shame – the desire to be a grandparent. It runs deep in some. In 2014, when author Dr. Miller first experienced this feeling of loss and then began her research on the topic, she discovered there was no one word to describe this subset of the population... and subsequently coined the term “non-grandparent” in articles in grief periodicals.



Secret Sorrow: Grieving and Healing as a Non-Grandparent in a Grandparenting World honors those among us who long to be a grandparent, but who have not reached this life milestone. There are many types of non-grandparents. Some include childbearing types such as an adult child experiencing infertility, pregnancy loss or a baby who was born still. Other non-grandparenting types include adult children who are estranged from their family, or have made the conscious decision not to have children, or those exploring their sexual identity. Additionally, some non-grandparents are adults whose only child has died and who are now childless and grandchild-less. Expanding beyond her lived experience, the author includes stories from other non-grandparents to motivate healing discussions on the topic. This book offers non-grandparents concrete ways to cope with their sorrow, including communication and self-care strategies.

Reader Reviews

“*Secret Sorrow* is a compassionate and necessary book for those who find themselves navigating life as non-grandparents. Dr. Miller opens the door to a deeply personal and often silent grief— one that is rarely acknowledged but profoundly felt. ... With grace and wisdom, Dr. Miller invites non-grandparents to embrace a space of radical welcome and belonging, where their experiences, emotions, and journeys are not only validated but honored.”

~**Hasshan Batts**, DHSc, MSW, Philanthropist, Author, and National Thought Leader on Healing, Community, and Radical Welcome

“*Secret Sorrow* is a long overdue book for those experiencing the profound loss of being a “non-grandparent” in a grandparenting world. Non-grandparents’ pervasive, persistent grief is rarely understood by family, friends or professionals. ... As a public health nurse, educator, administrator, I am also an advocate for *Secret Sorrow* to be an integral component of nursing education, and maternal-child health services. No longer should nongrandparents keep secret their sorrow.”

~**Katherine (Kay) Kinsey**, PhD, RN, FAAN, FCPP

Dr. Mary Ellen T. Miller is a Registered Nurse who holds national board certification in Public Health Nursing. She has over thirty years’ experience as a nurse educator, retiring from DeSales University as an Associate Professor.



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