

# A Mother's Heartbreak, and Her Journey to Healing

An inspiring story of surviving pregnancy following the death of a child at birth

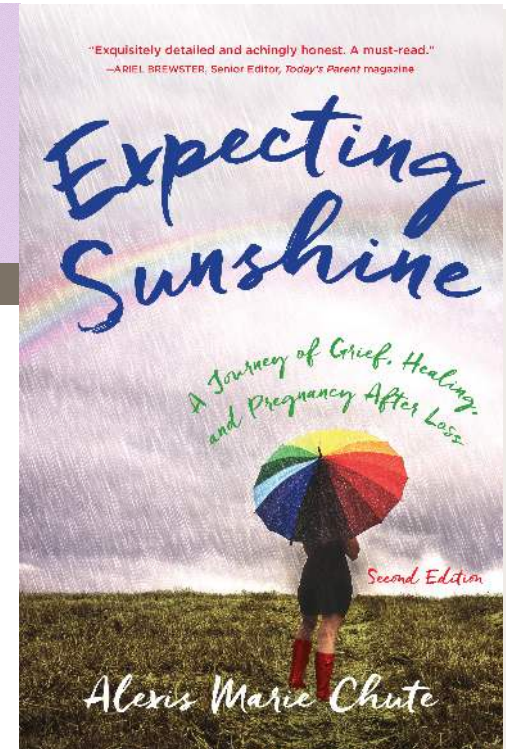
## *EXPECTING SUNSHINE: A Journey of Grief, Healing, and Pregnancy After Loss*

After her son, Zachary, dies in her arms at birth, visual artist and author Alexis Marie Chute disappears into her “Year of Distraction.” She cannot paint or write or tap into the heart of who she used to be—too caught up in mourning not only for Zachary but also for the future they might have had together. It is only when Chute learns she is pregnant again that she sets out to find healing and rediscover her identity—just in time, she hopes, to welcome her next child.

In the forty weeks of her pregnancy, Chute grapples with her strained marriage, shaken faith, and medical diagnosis, with profound results. Glowing with riveting and gorgeous prose, *Expecting Sunshine* chronicles the anticipation and anxiety of expecting a baby while still grieving for the child that came before—enveloping readers with insightful observations on grief and healing, life and death, and the incredible power of a mother's love.

## Discussion topics and Timely Tie-Ins

- What is a Rainbow Baby?
- 10 Facts About Pregnancy After Loss
- 4 Comforts for Bereaved Moms and Dads - Especially around Mother's and Father's Day
- The desire to parent a child after loss is immense, and although Alexis was able to become pregnant again, she shares how her real healing began when she was able to express herself creatively
- When a couple loses a child, almost all of the attention is on the woman and the men are often overlooked. What happens to men who lose children? Alexis shares her husband Aaron's perspective.
- 5 Things Every Creative Woman Needs to Do Every Day
- August 22 is National Rainbow Baby Day
- October is Pregnancy & Infant Loss Awareness Month



## BOOK DETAILS

### **Expecting Sunshine**

**Paperback:** 224 pages

**Publisher:** She Writes Press

**1st edition** (April 18, 2017)

**2nd edition** (May 2019) with bonus material: Aaron's Perspective, Q&A, and more!

**Language:** English

**ISBN-10:** 1631521748

**ISBN-13:** 978-1631521744

**Product Size:** 5.5 x 0.8 x 8.2 inches

## About the Author

Alexis Marie Chute is an award-winning artist, writer, and filmmaker. She received her Bachelor of Fine Arts in painting and photography from the University of Alberta, and her Masters of Fine Arts in creative writing from Lesley University in Cambridge, Massachusetts. Chute is a highly regarded public speaker and has traveled around the world presenting on art, writing and the healing capacities of creativity. She is widely published in anthologies and magazines, and her artwork has been exhibited internationally. She lives in Edmonton, Alberta, Canada with her husband and their three living children.

## Author Praise

"Alexis Marie's honest, unflinching memoir reads more like a novel in its elegant use of prose and narrative structure. But there's no mistaking its truth—that losing a child at any age can cause a shift in a parent's universe. Alexis Marie's struggle to move forward and heal, and still honour baby Zachary, is an inspiration."

—Janice Biehn, Editor, *ParentsCanada* magazine

"An amazingly moving and emotional story that any woman—or any parent—can easily relate to."

—Jennifer Hamilton, Editor, [CanadianFamily.ca](http://CanadianFamily.ca)

"Alexis Marie Chute, tasked with living as she mourns the death of her child, writes vividly and honestly about loss and grief. *Expecting Sunshine* records a journey that proves to be revelatory for reader and writer alike. This is a brave, memorable book."

—Jane Brox, author of *Brilliant: The Evolution of Artificial Light*

## Highlighted Book Awards for *Expecting Sunshine*

Kirkus Reviews' Best Books of 2017, Best Indie Books of 2017

Winner, Foreword Indies Book Awards, Grief and Grieving category

1st Place, Royal Dragonfly Book Awards, Women's Interest category

Winner, IndieReader Discovery Awards, Women's Issues category

Winner, Next Generation Indie Book Awards, Best Book Cover, Non-Fiction

Canada Book Award winner

First Place, Reader Views Literary Awards, Parenting/Family/Relationships category

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