



Book Reviews

“At 25 weeks, marketing consultant and motivational speaker Gaines experienced the heartbreaking pain of giving birth to premature twins. Here, she gives parents a spiritual and emotional boost, organized into an A-to-Z format, encompassing such issues as trusting your instincts, conquering negativity, and letting go. Gaines has a deep spiritual foundation. Her advice for communicating with hospital staff and taking care of oneself is elegant and on target. The book sometimes reads like an addictive infomercial, yet it’s beautifully produced, with slick pages, full-color sidebars, and effective illustrations.” –Library Journal (Online)

“Tami Gaines has done a masterful job in offering parents a vivid and candid retelling of her NICU experience, by trading fear with empowerment and replacing medical jargon with spiritual understanding. With great authenticity, she shows the reader how to keep their child the priority at all times and use advocacy to build a respect-based relationship with the nurses and providers a most important skill that few teach and even fewer master. Premie Parents is a must-read for every parent who wants to successfully manage the emotional roller-coaster of the NICU.” –Dr. Gaines Mimms, Neonatologist

“Tami Gaines does a phenomenal job of giving life to the emotional and spiritual journey we, as parents of premature babies, endure. She guides you through a place where no one wants to be, and leads you to a destination of hope, calm and comfort. Premie Parents is a must-read for anyone dealing with the journey between life and death.”

–Stephanie Brady, Mother of premature twins

“In my 31 years of neonatal nursing practice, I have never seen anyone stop grieving the loss of their perfect pregnancy and ideal birth as quickly as Tami did. Because she was able to release her anxiety and embrace her role as mother to these catastrophically ill children, she became the strongest and most effective advocate for her premature twins that I’ve ever encountered. Any family who has or might experience a premature birth should read Premie Parents for its insights and to move through the experience with strength and a sense of peace.”

–Gail Lormand, Neonatal Intensive Care Nurse

“A Must-Read for All Parents of Premature Babies – This book gives an entirely new perspective to the experience of having a premature baby. I learned how to become empowered through my experience of having a premature baby and to grow into a better person no matter the circumstance. It turns an otherwise scary adventure into one that is manageable. I’m totally inspired and have already used what I’ve learned. Thank goodness for Premie Parents!”–

[Posted anonymously on 11/10/2010 at Barnes & Nobles](#)

“This is a FABULOUS read! – I received a pre-leased copy of this book and could not put it down. I was gripped by the author’s story and quickly connected with her. I would recommend this book to anyone, even if they did not give birth prematurely. There is so much to learn from the author’s experience. Do yourself a favor and get this book!”

[–Posted by Ksolo on 11/12/2010 at Barnes & Nobles](#)

“This book addresses the emotional aspect of being a parent of a premature baby and delivers a positive message of hope and action. By openly sharing her real-life story, the author is able to help readers gain strength and resilience as they support their premature baby.”

–Maryann Yin, GalleyCat Reviews

“This book is great!! it is so empowering and made me feel better through all the stress. Tami Gaines is refreshing and her outlook of everything is so uplifting. It was so easy taking to and from the NICU because it was so small. This was well worth it.”–

[amazingly smart and pretty0616](#)