

# New Life, No Instructions: A Memoir of Love, Loss, and the Unexpected

In her searingly honest and emotionally resonant memoir, *New Life, No Instructions*, Sheri Meshal tells the story of her unexpected journey into motherhood and the profound impact it had on her life.



## New Life, No Instructions: A Memoir by Gail Caldwell

★★★★☆ 4.3 out of 5

Language	: English
File size	: 3125 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 177 pages



Meshal, a successful career woman, had always assumed that she would become a mother one day. But when she and her husband, Phillip, decided to start a family, they quickly discovered that the path to parenthood would not be as straightforward as they had imagined.

After years of trying to conceive, Meshal was finally pregnant. But her joy was short-lived. At 20 weeks, she went into premature labor and gave birth to a tiny baby girl who weighed just 1 pound, 12 ounces. The baby, whom they named Lily, was given a grim prognosis. But against all odds, she survived.

Lily's birth was just the beginning of Meshal's unexpected journey. She had to learn how to care for a medically fragile child while also navigating the emotional rollercoaster of being a new parent. She had to learn how to let go of her expectations and embrace the unknown.

In *New Life, No Instructions*, Meshal recounts her experiences with raw honesty and vulnerability. She writes about the challenges of raising a child with special needs, the pain of losing a child, and the unexpected joy of finding new love.

Meshal's story is a reminder that life is full of surprises, and that even the most unexpected events can lead to growth, resilience, and love.

### **A Must-Read for Anyone Who Has Ever Experienced the Life-Changing Power of Children**

*New Life, No Instructions* is a must-read for anyone who has ever experienced the life-changing power of children. It is a book that will make you laugh, cry, and ultimately appreciate the fragility and beauty of life.

Meshal's writing is both personal and universal. She captures the essence of what it means to be a parent, and she does so with a rare combination of honesty, humor, and compassion.

If you are looking for a book that will stay with you long after you finish it, then I highly recommend *New Life, No Instructions*.

### **Praise for *New Life, No Instructions***

"A searingly honest and emotionally resonant memoir about love, loss, and the unexpected. *New Life, No Instructions* is a must-read for anyone who

has ever experienced the life-changing power of children." — Jodi Picoult, #1 bestselling author of *Small Great Things*

"Sheri Meshal's *New Life, No Instructions* is a raw and honest account of her journey into motherhood. She writes with such vulnerability and strength about the challenges and joys of raising a child with special needs. Her story is sure to resonate with anyone who has ever loved a child." — Elizabeth Cohen, CNN Senior Medical Correspondent

"*New Life, No Instructions* is a beautifully written and deeply moving memoir. Sheri Meshal's story is a reminder that even the most unexpected events can lead to growth, resilience, and love." — Ann Hood, bestselling author of *The Red Clock*

## About the Author

Sheri Meshal is a writer and speaker. Her work has appeared in The New York Times, The Washington Post, and Real Simple. She is the author of

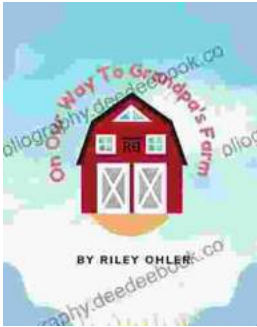


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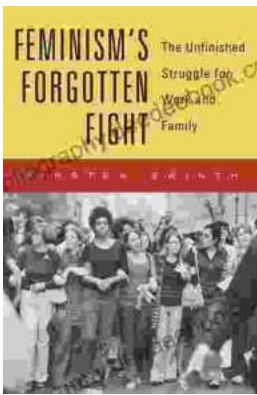
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