### 119 Days of Small Miracles: A Journey Through the NICU and Beyond



#### Saving My Son: 119 Days Of Small Miracles Behind The

NICU by Ima D. Carnelus

↑ ↑ ↑ ↑ ↑ 5 out of 5

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In the heart-wrenching and ultimately uplifting memoir, 119 Days of Small Miracles, author Sarahbeth Ackerley takes readers on a raw and emotional journey through her family's experience with a premature birth and their subsequent 119-day stay in the Neonatal Intensive Care Unit (NICU).

With unflinching honesty, Ackerley recounts the overwhelming challenges, setbacks, and triumphs they faced during their time in the NICU. From the initial shock and fear of her daughter's premature birth at 24 weeks gestation to the daily routine of medical procedures, feedings, and setbacks, Ackerley paints a vivid picture of the rollercoaster of emotions that accompany such a life-altering experience.

But amidst the uncertainty and hardship, Ackerley also finds moments of hope and resilience. She celebrates the small miracles that punctuate their NICU journey—the first time their daughter opens her eyes, the first time

she takes a bottle, the first time she breathes on her own. She also finds solace and support in the community of other NICU parents, who become her lifeline during this challenging time.

As her daughter continues to grow and thrive, Ackerley begins to process the emotional toll that the NICU experience has taken on her family. She writes about the guilt, the fear, and the anxiety that lingers long after their discharge from the hospital. But she also writes about the resilience and strength that she has discovered within herself and her family.

119 Days of Small Miracles is more than just a memoir of a NICU journey. It is a testament to the power of love, the resilience of the human spirit, and the enduring bonds that can be forged in the face of adversity.

#### **About the Author**

Sarahbeth Ackerley is a freelance writer and mother of two. She lives in Northern California with her husband and children.

#### **Praise for 119 Days of Small Miracles**

"A raw and honest account of one family's journey through the NICU. Ackerley's writing is both heartbreaking and hopeful, and her story is a reminder of the strength of the human spirit." —**Kirkus Reviews** 

"A beautifully written and inspiring memoir that will resonate with anyone who has ever faced adversity. Ackerley's story is a testament to the power of love, hope, and resilience." — **Booklist** 

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