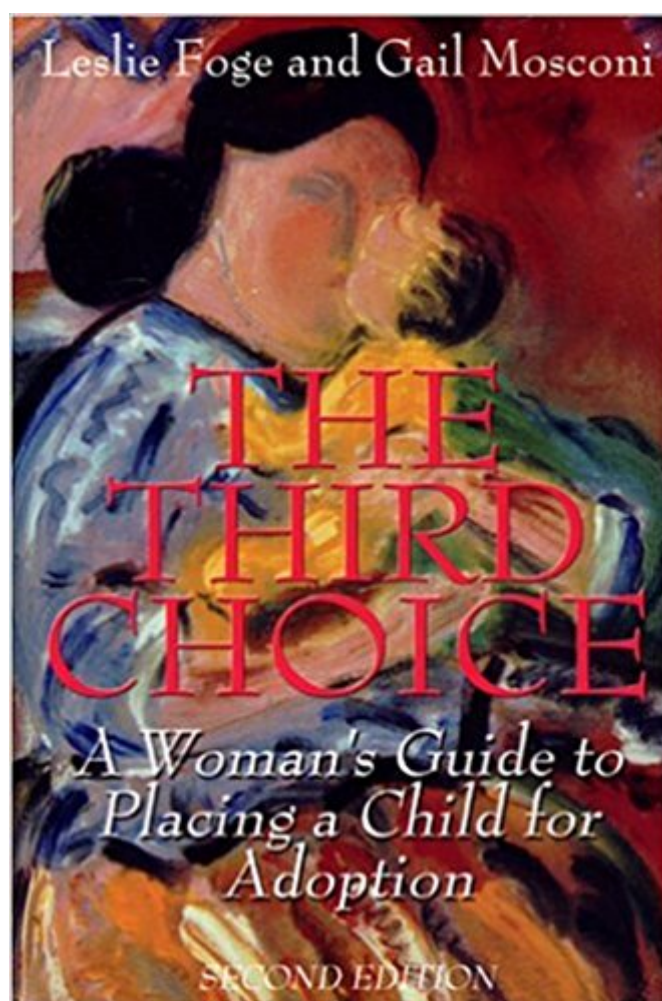


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# The Third Choice: A Woman's Guide To Placing A Child For Adoption, Second Edition



## Synopsis

Recognizing the absence of written materials for women considering adoption, Ms. Foge and Ms. Mosconi were determined to produce a guidebook that would provide answers, support and guidance. After being out of print for almost two years, the authors have re-written and self-published the second edition of this important book. The second edition expands on the original concepts, deepens the ideas set forth in the first edition and includes a comprehensive resource guide. *The Third Choice, Second Edition*, is a wonderful tool for women seeking support during a difficult time.

## Book Information

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## Customer Reviews

Foge and Mosconi, both family and child counselors, have facilitated more than 500 adoptions in the past ten years, and this experience shines through in their book. They are respectful of the conflicting emotions experienced by women with unplanned pregnancies and are also aware of the myriad decisions that have to be made. They cover a lot of ground, but their approach is so low-key and nonjudgmental that readers can easily absorb what they're trying to say. Areas covered include open adoption and other options, what to look for in adoptive parents, what to expect during pregnancy, what kind of emotions might come up, and the legal aspects of adoption. Although the chapter of the book dealing with birth fathers and other birth relatives seems to be thrown together, and the list of resource agencies could be a lot more inclusive, this book is recommended for public libraries. Pamela A. Matthews, Gettysburg Coll. Lib., PA Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

(They) have facilitated more than 500 adoptions in the past ten years and this experience shines through in their book. -- Pamela A. Matthews; Library Journal; October 1999  
Finally. . . an intelligent guide for adults facing the complexities of placing a child for adoption. What an illuminating addition! -- Pact's Point of View; Spring 2004  
Foge and Mosconi provide solid advice about adoption; The book is full of quotes, charts and suggested questions. . . -- Mary Carroll; Booklist; October 1999

While would-be adoptive parents have many books to help them in their journey, I have seen very few that address the trials facing a woman who is contemplating an adoptive placement. This book is an excellent resource for a woman in that position. Written by two adoption social workers, the book covers all aspects of an adoptive placement: deciding whether adoption is the right choice, choosing the type of adoption, finding the right adoptive parents, getting through the pregnancy and birth, and processing the grief and loss. No book can replace counseling, but this one would be the next best thing for those who refuse counseling (and a great adjunct for those who are getting counseling). I would also recommend it for waiting adoptive parents, because it will help them to better understand what birth parents go through. My only nit with the book is that it tries to cover a lot of ground without getting too long, resulting in fairly shallow treatment of some topics that deserve more depth. I am an adoptive parent seeking to adopt again, and I will try to make sure that any prospective birth mother we work with reads this book!

ten years ago, i found myself sitting in the office of an adoption attorney. only 3 months pregnant, i was still quite stunned at my situation. knowing nothing about open adoption, i was handed a copy of "the third choice". it was my first glimpse at open adoption. the authors decreased the shame i felt and gave me practical tips on what the next right action was. during my pregnancy, i read somewhere between 30-40 books on adoption. when asked which book helped me most, the answer is ALWAYS, "the third choice". this was the book that i referred to time and time again when i had questions about how to provide my birthdaughter with the most thoughtful, loving, healthy and balanced adoption plan. when i considered suicide the first 3 months after relinquishing, it was words from "the third choice" that rang in my mind. the authors wrote something about the first year being the most difficult in terms of grief. it was that promise that allowed me to hang on. i marked my calendar for a year in advance and set out to get help during that first year. had this book not been available, i don't know that i would have believed the grief could be endured. please know that a book cannot solve all your problems. if you're a birthmom, you'll need lots of help from many lighthouses. "the third choice" was merely one of the first i used to make it through the fog. if you're

hurting, you don't need to go through it alone. find a therapist and a birthmom support group. your birthchild deserves a healthy, happy birthparent...and you deserve peace.

When I read *The Third Choice*, while deciding to place my child for adoption, every word spoke directly to my heart. I found myself relating to every topic and question. Yes, I know the choice to place is one of the most difficult choices anyone may ever have to make, but you overcome your grief. Your child is never forgotten, and he or she remains within your soul forever. Very few right choices are easy ones to make. In my opinion, reading *The Third Choice* was like taking a journey with an understanding friend. A comforting and empathetic read that came into my life at exactly the right time.

As a social worker who works with women considering adoption, this is a go-to book. It is thorough and unbiased, and I have had several clients really enjoy it. It would also be great for anyone considering adoption or wanting to learn more about the process... the author gives detailed information about the different adoption paths and encourages women to think through the decision carefully. It could be read on its own by a woman considering adoption but is also a really helpful tool for social workers who work with that population. I have found that the chapters on grief and loss are very helpful during the first few months after giving birth, and they normalize many of the thoughts and feelings that new birth mothers have.

Mosconi and Foge are right on. They have provided an excellent and unique book for the adoption triad. This is an amazing book for birthparents and a terrific guide to help them through the adoption process. Mosconi and Foge are knowledgeable, informative and true advocates for birthparents, adoptive families and the open adoption process. This book is a 10 and I would recommend it to both birthparents and adoptive parents. There is no other adoption book like it, it is unique and very easy to read. Thank you Mosconi and Foge for making a difference in the wonderful world of adoption.

The book starts out okay and I had some hopes for it. However it breaks down completely whenever the author deals with the issue of Birth Parent grief. Birth Parent grief and pain doesn't decrease or disappear after a year...it's a lifelong process that never ends. Some women do become overwhelmed with grief the first year and turn to emotional numbness as a temporary way to find relief from the pain....but this emotional defense only lasts so long...eventually the pain & grief

resurfaces in their life in the forms of: depression, anger, low self-esteem, etc. It's a shame that the authors didn't talk to any experienced Birth Parents about the true course and direction of grief. They took the easy way out and claimed that the pain goes away in a year...comforting for adoptive parents to hear...but none of my Birth Parent friends would agree with this claim!! Read books written by real Birth Mothers if you want to understand how wrong this book is about adoption loss & grief.

This book is an important read for anyone on either side of the adoption process. It was a tremendous help to a dear friend of mine and helped her through the entire process. The adoption went beautifully because she was well informed and could make the choices that were best for her, her child and the adoptive parents. The entire family is balanced and happy and I believe it is partially due to the guidance this book provides. I am grateful my dear friend had this book for a resource in the most difficult time in her life.

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