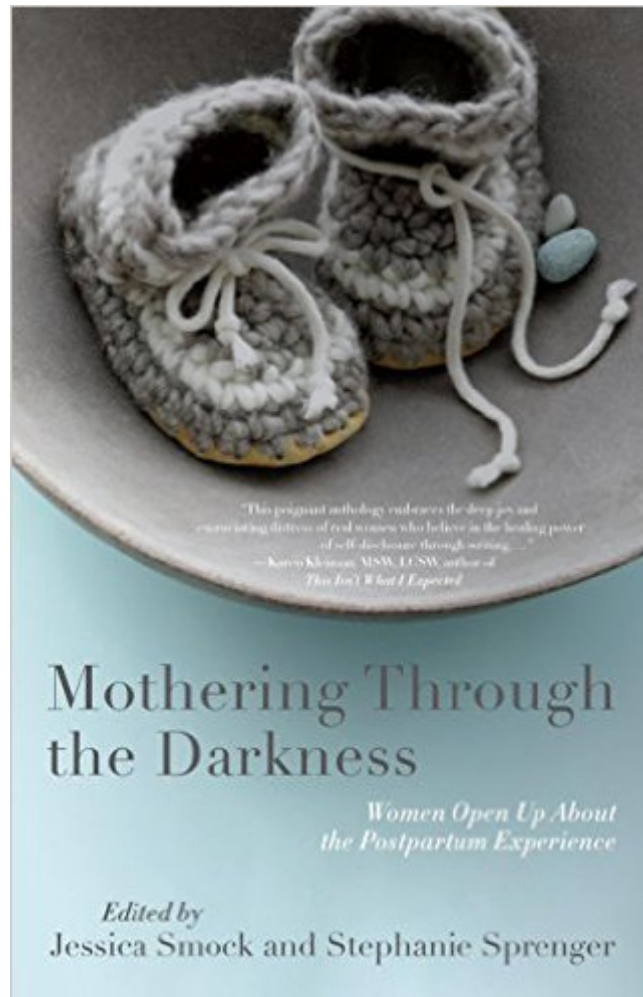


The book was found

Mothering Through The Darkness: Women Open Up About The Postpartum Experience



Synopsis

Approximately 1 in 7 women suffer from postpartum depression after having a baby. Many more may experience depression during pregnancy, postpartum anxiety, OCD, and other mood disorders. Postpartum depression is, in fact, the most common pregnancy-related complication yet confusion and misinformation about this disorder are still widespread. And these aren't harmless myths: the lack of clarity surrounding mothers' mental health challenges can have devastating effects on their well-being and their identities as mothers, which too often leads to shame and inadequate treatment. In this one-of-a-kind anthology, thirty mothers break the silence to dispel myths about postpartum mental health issues and explore the diversity of women's experiences. Powerful and inspiring, *Mothering Through the Darkness* will comfort every mother who's ever felt alone, ashamed, and hopeless and, hopefully, inspire her to speak out.

Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #1,004,776 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1187 in Books > Health, Fitness & Dieting > Mental Health > Depression #1788 in Books > Parenting & Relationships > Family Relationships > Motherhood

Customer Reviews

If you've never experienced postpartum depression (PPD), it is tempting to write off books on the subject, thinking that they are not good investments of your time. I admit that I paused when considering whether to buy this book. I don't call what I experienced after my daughter's birth postpartum depression because it was not long-lasting and as soon as I started getting more than two hours of sleep per day, I vastly improved. But don't write off this book. Because this book isn't just for mothers who have experienced or who may experience PPD. It's for husbands and close friends, parents and siblings, doctors and nurses, pastors and counselors. It's for all of those people

who interact closely with women during the postpartum period. Stephanie Sprenger and Jill Smock, editors of *The HerStories Project: Women Explore the Joy, Pain, and Power of Female Friendship* (2013) and *My Other Ex: Women's True Stories of Leaving and Losing Friends* (2014), have selected and compiled a stunning collection of essays on the postpartum experience that is desperately needed and should be part of the pregnancy literature canon, if there is such a thing. *Mothering through the Darkness* is not merely a collection of facts about what women experience during periods of postpartum depression. This is an articulate and engaging collective narrative of thirty-five essays that take the reader through a kaleidoscope of postpartum experiences, ranging from postpartum depression, anxiety, and mood disorders as well as the lesser known post-adoption depression. Some writers sought help while in their darkest hours; others struggled through without help and lived to regret it. But all of these stories succeed in connecting the reader with the foggy inner world of the postpartum period.

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