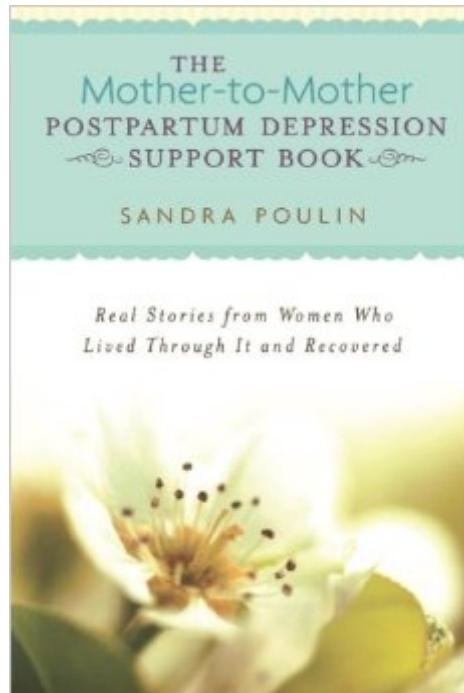


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# The Mother-to-Mother Postpartum Depression Support Book



## Synopsis

“I thought I was the only one...” After she gave birth to a bouncing baby girl, Sandra Poulin felt like crying. And she did—for months. But they weren’t happy tears—Sandra felt worthless, could hardly sleep, and had thoughts of death. Like too many mothers around the world, Sandra had no idea that this common but baffling condition had a name: Postpartum Depression... “Shouldn’t this be the happiest time of my life?” What kind of mother, some might wonder, could feel depressed after having been so richly blessed with a baby? The answer: every kind, women from all walks of life, from all over the world, younger and older. And here, in a unique collection, are their stories of battles with PPD, with intimate details about the symptoms, the struggles, and the strategies that helped them emerge victorious. Written by mothers, for mothers, this collection is an uplifting, enlightening—and perhaps even lifesaving—book.

## Book Information

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Average Customer Review: 4.5 out of 5 stars See all reviews (33 customer reviews)

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## Customer Reviews

My daughter just delivered a healthy 8 lb 6 oz boy but was not able to enjoy him at all. As a matter of fact, she said to me "I got angry when I realized I couldn't send him back". She had a pretty tough first pregnancy, endured 5 months of bed rest, developed HELLP syndrome which caused an emergency C-section and two days later ended up back in the hospital with an intestinal infection. Who could blame her for being overwhelmed, unhappy and unsure about having had this baby. I researched books on the internet and came across this one which had been written by someone who had gone through many similar feelings along with others who had experienced post-partum

depression in one manner or another. I gave it to her upon my arrival in town as she welcomed me in tears. It broke my heart to see her that way. She read it from cover to cover that day and it helped her to understand that others had gone through this and that it was not her fault. She was fortunate and because it was recognized so early, she began taking medication right away. It took her a few weeks but she is now able to cope and is feeling a hundred times better. This morning on the phone she told me that she had just read him a story and to hold on so I could talk to my wonderful grandson. Thank you so much for this book. It truly helped more than any words she heard from many well-meaning friends.

This book contains the stories of dozens of women who have traveled the road through PPD and back and lived to tell the tale. Having suffered myself from postpartum depression and anxiety in the past, the book inspired me to write down my own story, which has helped me put closure on that painful time. I wish I had this book when I was suffering myself. I see myself reflected in so many of the stories, and the fact that these women have put their illness behind them would have helped me to have hope, which is so difficult to maintain when you are depressed. So many moms feel alone and isolated with PPD, and don't even have a name for their condition, often until years later. Hopefully this book will shed some light on this misunderstood and under-diagnosed illness, so that more women can get the support and treatment they need. Sandra, your book is an incredible gift to both the women you tell their stories in it, and the women who will read it and receive comfort. Thank you.

This book has been essential to my recovery from postpartum depression (PPD). Hearing from doctors and friends that I'd be OK was one thing; hearing it from real women who've been through the darkness and back was quite another, and had much more impact. I was amazed what a kickstart this book gave to my recovery, and I hope every woman grappling with PPD has the opportunity to read it.

No other material on PPD that I have read compares to this offering. The stories are from REAL mothers who REALLY went through PPD and other mood disorders. I wish I had had this book when I went through PPD and OCD in 2000 with my first child. The feelings I get when reading it are... I'm not alone! I'm not abnormal! Other women feel as I did! It has been such a relief to me to read this book and has really helped my healing road with depression, specifically PPD.

I have read a few other Postpartum books that were also excellent, however this one is amazing. I loved it because it has real stories written by women from around the world experiencing all types of Postpartum issues. It included their thoughts, feelings, struggles, and words of encouragement that it will get better! It has helped me tremendously. If you or someone you know is experiencing any type of postpartum issues, this book is a must. I want to thank the women who wrote in their stories and the author who created such a wonderful book!

Borrowed this book from a family support center near my house and had to buy my own copy. This book got me through some very tough times. I had just been diagnosed with PPA/PPD after suffering for 3 months postpartum. I didn't realize how hungry I was to hear about other similar experiences until I started reading some of these stories. The organization of the book is very helpful and the variety of the stories is wonderful. The forward is also important to read. Highly recommended for moms and caregivers!

This book has been so incredible in helping to restore my hope in my recovery process with PPD. I read it every day to remind myself that I too will be well again. All the mothers who participated in this book, including the author herself need to be applauded for sharing their stories and possibly saving womans lives. This book makes any woman going through PPD not feel alone and can fully restore their hope that they will recover. Mother to Mother has been a key factor in my recovery process, it is a beautiful, wonderful book that every mother who is suffering with PPD should not be without it. This book helped restore my sanity.

I have never suffered PPD but this book was SO helpful in understanding the feelings that sufferers have. Please send it to anyone you know who has PPD. It could save her life.

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