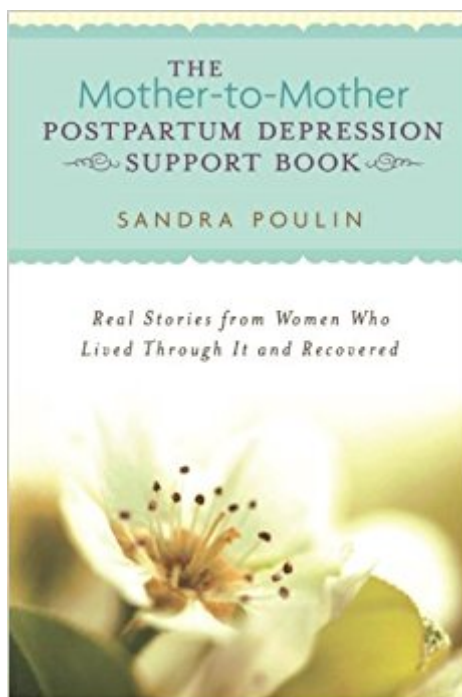




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# The Mother-to-Mother Postpartum Depression Support Book: Real Stories From Women Who Lived Through It And Recovered



## 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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## Customer Reviews

Sandra Poulin has suffered from postpartum depression and, after her recovery seven years ago, started her mission to help women everywhere. She is a marketing specialist for a radio station.

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.

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!

I love this book. Even two years after my own battle with postpartum depression I like to thumb through the pages and re-read the accounts of women who "have been there". It's comforting to know I was never truly alone. This book is a must for any women struggling with postpartum depression! It is easy to read, with no heavy clinical mumbo jumbo. Just heart felt personal accounts from women who suffered from postpartum depression and their triumphant recoveries that followed.

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 women's 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 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!

This book is amazing. It provides real stories of women who have overcome depression after a birth. I've read other books and none provide the insight and support that we need at this time. They all are too medical and clinical while this is real world stories. I found myself crying tears remembering how difficult the last few months have been and tears of happiness at how these women have overcome this tough time.

Highly recommend! This book was so helpful during a period in which I thought I would never feel like myself again.

Very good book. Lots of short and to the point stories that really helped me feel better.

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