



The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered

By Sandra Poulin

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“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.

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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Catherine Branch:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite publication and reading a reserve. Beside you can solve your trouble; you can add your knowledge by the guide entitled The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered. Try to the actual book The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered as your close friend. It means that it can to become your friend when you feel alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know everything by the book. So , let us make new experience in addition to knowledge with this book.

Roger Sowa:

This book untitled The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered to be one of several books this best seller in this year, that's because when you read this e-book you can get a lot of benefit onto it. You will easily to buy this specific book in the book store or you can order it via online. The publisher in this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Touch screen phone. So there is no reason for your requirements to past this guide from your list.

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Kara Hogan:

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