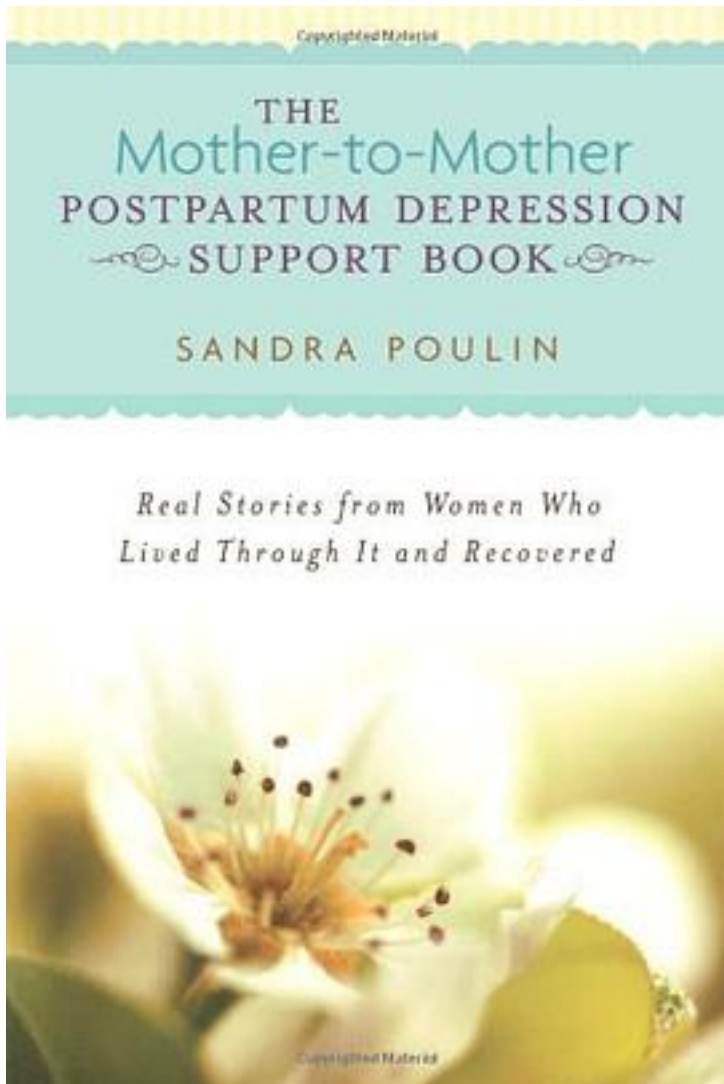


The Mother-to-Mother Postpartum Depression Support Book



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著者:Poulin, Sandra

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Real help, from women who've been there.

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.

What kind of mother, people 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, young and old. 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.

作者介绍:

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