

[PDF] Down Came The Rain: A Mother's Story Of Postnatal Depression

Brooke Shields - pdf download free book



Books Details:

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Description:

From Publishers Weekly In 1980, when she was 15, Shields starred in *The Blue Lagoon*. In the movie, her character accidentally becomes pregnant, and when her son is born, he intuitively finds his way to her breast as Shields looks on with love and contentment. The irony of this scene isn't lost on the grown-up Shields, who not only did not become pregnant accidentally—numerous IVF cycles and a miscarriage preceded the 2003 birth of her daughter—but suffered a devastating aftermath to

that birth. "I was in a bizarre state of mind," Shields describes, "experiencing feelings that ranged from embarrassment to stoicism to melancholy to shock, practically at once. I didn't feel at all joyful." Shields assumed she'd bounce back in a few days, after resting from her difficult labor. Instead, her feelings intensified: "This was sadness of a shockingly different magnitude. It felt as if it would never go away." While Shields denied anything was wrong, the persistence of friends and her husband persuaded her to seek treatment through medication and therapy. This brave memoir doesn't shy away from Shields's most difficult moments, including her suicidal thoughts, clearly showing the despair postpartum depression can wreak. While the writing is sometimes repetitive and clichéd, it does emphasize the depth of Shields's depression. This tale will bring awareness of a problem that so many mothers have been afraid to discuss; look for this book to touch off a flurry of lifestyle pieces.

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Review "This inspiring story offers hope to the many women suffering from this illness, as well as to their families." -- *Shari Lusskin, M.D., FAPA, Director of Reproductive Psychiatry, Clinical Assistant Professor of Psychiatry and Obstetrics and Gynecology, New York University School of Medicine* -- This text refers to an out of print or unavailable edition of this title.

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