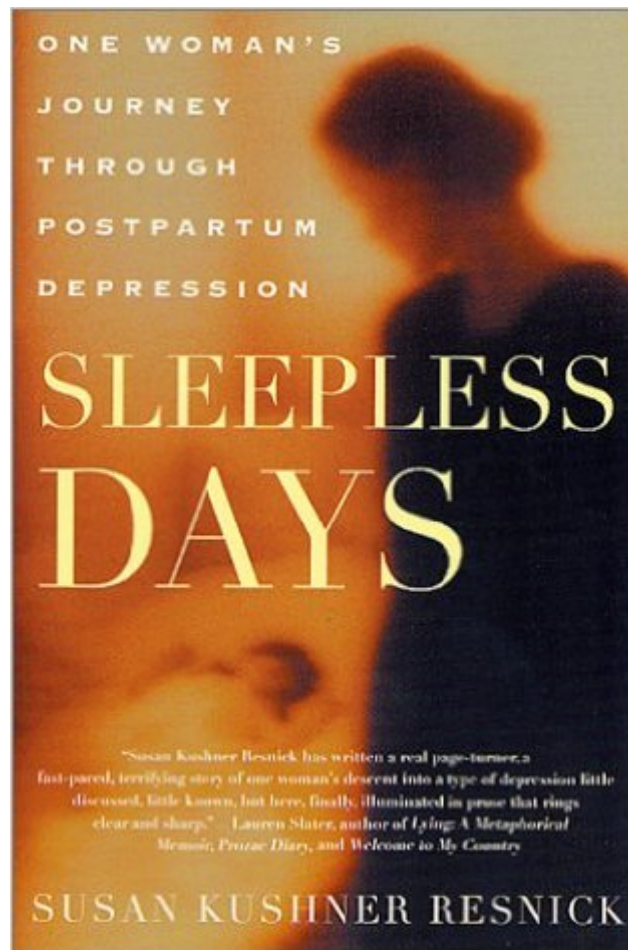


The book was found

# Sleepless Days: One Woman's Journey Through Postpartum Depression



## Synopsis

Sleepless Days is a brilliantly written, haunting memoir of one mother's encounter with postpartum depression. It is a story for the other 400,000 women who are afflicted with PPD each year and are desperate for reassurance that others have felt their despair and recovered. It is a compelling narrative for anyone who has ever watched helplessly as a vulnerable woman fought against the weight of this mysterious disease.

## Book Information

Paperback: 208 pages

Publisher: Golden Guides from St. Martin's Press; 2nd edition (February 4, 2001)

Language: English

ISBN-10: 0312272278

ISBN-13: 978-0312272272

Product Dimensions: 5.8 x 0.6 x 8.3 inches

Shipping Weight: 6.2 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #1,359,159 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #1558 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #2059 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

## Customer Reviews

I read this book twice and cried both times. Anyone who has been through the hell (and it is hell) of postpartum depression understands how disturbing the condition is to not only the sufferer, but their family and friends. I went through this with my first child, only some with my second (because I was more aware that it could happen again). It was something I never dreamed would happen to me, although I had all the "conditions" for it. I applaud this author for her candid account. It must have been hard for her to "relive" all the awful moments. I am a Women's Health Nurse Practitioner, and I talk with my pregnant patients about this condition, even though no one wants to hear about it, because we're not allowed to discuss it in our society. I flinch when women tell me their plans for returning to work in three weeks, starting to work out too quickly... we give mothers very few breaks in this country. I remember being scolded at the grocery store a few weeks after my daughter's birth for being out and doing the shopping so soon. Of course I had my daughter bundled up in her car seat... standard. The woman was from Mexico, and I thought, "well, that's not the way we do it is

this country"! Now I understand the wisdom of taking care of yourself after delivering. As tough as it is for people to hear about, PPD is more prevalent than ever. A great, honest book.

I was both horrified and relieved after reading this book. Her postpartum symptoms were different and the same as mine. I never had trouble eating. Except when I starved because I could no longer find the strength to make something for myself. But I wanted food. I too could not sleep. I blamed everything on the lack of sleep. The family cockatiel kept me up with relentless squeals while the baby slept. I would have exchanged its life for 15 minutes sleep. But it, like my sanity was out of my grasp. I was delusional. So was she. Her description of her delusions and the way they ran through her mind was so similar to my own that I felt relief. Chemical. It was chemical. Thank God. I knew that but never heard anyone else describe the ugly images--these beyond words images. Thank God somebody had the courage to confess them. But there was something else in the book. Dysthymic. I mild depression running as a theme through one's life. Postpartum is more common in such people. But she had gone to therapists and I never had. Never would. But as I read to the end I hear how she gets well. Through therapy and antidepressants. She not only survives postpartum depression but thrives as a result. From the drugs? No way. I survived postpartum depression. I am convinced it took about three years. The most horrible part ended over many months but there was a lasting weakness in my body and mind for a very long time afterwards. Had I read this book then I would have gotten help. I was scared to get help. A woman I talked to said the doctors gave her shock treatment. (She is in her 60's.) I felt the doctors did not understand it so I remained silent. The book is well worth the short read. It is good if you think you are experiencing postpartum or if you had it. Or just to give hope to someone you think may be suffering from it.

I run a website for postpartum mood disorders and am constantly on the lookout for materials to share with the visitors of our site and forum. I was absolutely captured by this book and did not want to put it down. So many things the author describes, from feelings to manifestations of her illness, echo the lives and stories of other mothers who have lived with a postpartum mood disorder. I invite all women who are planning or expecting to have a baby to READ THIS BOOK. Ignorance of the subject will not, unfortunately, make you immune...

I was in my seventh month of pregnancy with my fourth child (in 4 1/2 years) when I came upon this book. I had suffered severe PPD with my first 3 children, and my husband and I had decided not to have any more children. When I found out that I was pregnant again, I was devastated. I was

depressed throughout the pregnancy, and was dreading the April delivery and the first year afterwards. Ms. Resnick's book arrived on my doorstep in mid-February. I read it twice that day, underlining quite a few things the second time through. I found myself nodding in agreement and exclaiming, "Yes, that's exactly how I felt!" It was so reassuring to know that someone else really did understand! At the back of the book, I found the phone number for Depression After Delivery. I called and within 10 days I was in the office of a wonderful counselor. She worked with me over the next several weeks. I was encouraged by her to seek medicinal help from a psychiatrist, who changed my medication. All of this came about because I read Ms. Resnick's book. She helped me to recognize the need for professional help, the realization that medicine is supposed to DO something positive, and the understanding that it is OK to limit the size of one's family for the benefit of a healthy, happy mommy. The ending is happy: Within one week of my medication being switched, I felt like a new person. Three weeks later, my second son (fourth child) was born. I had one brief bout of the blues on Day 3, but the months since then have been the happiest of my life. I am so thankful for Ms. Resnick's book. It gave me direction and encouragement, and I was finally able to enjoy the infancy of one of my children.

[Download to continue reading...](#)

Sleepless Days: One Woman's Journey Through Postpartum Depression  
Down Came the Rain: My Journey Through Postpartum Depression  
Behind the Smile: My Journey out of Postpartum Depression  
Willow Weep for Me: A Black Woman's Journey Through Depression  
This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression  
The Mother-to-Mother Postpartum Depression Support Book  
Transformed by Postpartum Depression: Women's Stories of Trauma and Growth  
This Isn't What I Expected: Overcoming Postpartum Depression  
Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth  
Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety  
Postpartum Depression For Dummies  
Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression  
Perfect Mothers Get Depressed: Why trying to be perfect, not speaking up, and always trying to please everyone increases your risk of postpartum depression  
Overcoming Postpartum Depression and Anxiety  
Nobody Told Me: My Battle with Postpartum Depression and Obsessive-Compulsive Disorder  
Reclaim The Joy of Motherhood: How I Defeated Postpartum Depression  
Expecting the Unexpected: An Honest Look at Miscarriage, Postpartum Depression & Motherhood  
After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression  
A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care

Providers Sleepless in Hollywood: Tales from the New Abnormal in the Movie Business

[Dmca](#)