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Down Came The Rain: My Journey Through Postpartum Depression



Synopsis

In her bestselling memoir, now in paperback, Brooke Shields shares with the world her deeply personal experience with postpartum depression. When Brooke Shields welcomed her newborn daughter to the world, her joyful expectations were quickly followed by something unexpected--a crippling depression. In what is sure to strike a chord with the millions of women who suffer from depression after childbirth, Brooke Shields shares how she, too, battled a condition that is widely misunderstood, despite the fact that it affects many new mothers. She discusses the illness in the context of her life, including her struggle to get pregnant, the high expectations she had for herself and that others placed on her as a new mom, and the role of her husband, friends, and family as she struggled to attain her maternal footing in the midst of a disabling depression. Ultimately, Brooke shares how she found a way out through talk therapy, medication, and time.

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Customer Reviews

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—after 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 cliché, 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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"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

I bought this book after giving birth to my twins when I found myself battling postpartum depression. I thought I was a terrible person and horrible mother for feeling and thinking the way I was during that time. This book helped me understand the gravity of what I was trying to deal with and helped me to understand that it wasn't my fault and helped me to reach out to my family and friends to ask for the help I needed. It's been ten years since I read it and it still sticks with me. It was beautifully written and touching. A lifesaver when I was lost at sea. I would recommend this book to anyone who is expecting, or has recently given birth and may be experiencing depression when they feel like they should be filled with joy.

this is a very informative book
My daughter had a baby a few months ago and was suffering from postpartum anxiety
We bought this book and passed it around between her eye and her other grandma
It gave a lot of help and insight

I'm so glad Brooke had the courage to share her story. There are so many things I identified with in this book...very similar to my own struggle with PPD. It is great to hear that you are not alone...the more people talk about it the less women will have to struggle with this horrible illness.

What a great, honest and heartfelt book. I bought this when I was about a month postpartum. I was feeling very alone and was afraid to talk about how I felt. Brooke really opens the door for discussion and bares her soul in this book. I recommend this book to all new mothers who may be feeling overwhelmed or depressed.

When going through postpartum depression it's the most hard and difficult thing to go through because not only do you yourself not understand it but the people around you don't either. To be able to read this book and feel normal even with all the insane hormones running through your body is a great feeling! I would even read this book over if I have a second child just because of how helpful it was to have someone to really relate to!! I never really wanted to thank any author after reading their book but after this book I feel so close to Brooke who I don't even know but wish I could just say thank you for the help.

A very heartfelt and honest story of the difficult journey into motherhood. I valued Brooke's transparency and felt her pain and confusion as she shows us that PND is no respecter of persons. It is refreshing to have someone in a high profile position being willing to remove the mask of perfection and help women all around the globe to realise that this is such a real and common issue, which no one wants to talk about, but that we must understand. It also includes some practical help guidelines and education on PND.

This book was a very quick and easy read. I myself had been wondering if the feelings I had postpartum were lingering baby blues or postpartum depression. I identified with many of the feelings/thoughts that Brooke describes in this book. I realized it is more common than I thought. Reading about another person going through this and deciding to get help, gave me the courage to seek help and talk to a doctor. I only wish I had read it sooner! I would recommend this to everyone to read! New moms, expecting moms, spouses/partners, close friends and family. Excellent!

This book was very helpful to me, and I would recommend it to anyone who is or who knows someone suffering from postpartum depression. In her memoir, Ms. Shields details some of the thoughts and behaviors that she had during her postpartum depression (PPD)--things that I could identify with and realize that PPD is real, treatable, and that I am not alone. It is not really a medical book, though it does give some information and resources; so if you are looking for a book with lots of medical information and tips, this would not be it. But it is a great book to offer support to moms

struggling with PPD and their families.

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