

ONE WOMAN'S  
JOURNEY  
THROUGH  
POSTPARTUM  
DEPRESSION

# SLEEPLESS DAYS

"Susan Kushner Resnick has written a real page-turner, a fast-paced, terrifying story of one woman's descent into a type of depression little discussed. Little known, but here, finally. Illustrated in prose that rings clear and sharp." — Lauren Slater, author of *Lyrics & Holograms*  
*Atlanta Journal-Constitution*, and *Believer in My Country*

SUSAN KUSHNER RESNICK

# Sleepless Days One Womans Journey Through Postpartum Depression

**Autumn Libal**



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

Sleepless Days Susan Kushner Resnick, 2001-02-04 *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. **One Mom's Journey to Motherhood** Ivy Shih Leung, 2011-11-16 Author Ivy Shih Leung shares her not so perfect road to motherhood in this book that is part memoir and part self-help guide reflecting lessons learned in the form of helpful tips and information to empower readers on the biological and sociological roots behind postpartum depression PPD. She also seeks to raise awareness of the myths of motherhood and the stigma of PPD that contribute to the silent suffering of many mothers as well as the importance of adequate social support in the early postpartum weeks. A culmination of Ivy's frightening PPD journey and her emergence from it with a passion to learn more about perinatal mood disorders, this book is fueled with passion to help other women and their families anger from the unnecessary suffering Ivy went through from the lack of information available to the public about PPD, her doctors' ignorance and lack of sensitivity and public remarks like "There is no such thing as a chemical imbalance" all of which shows there's still a long way to go in terms of educating the public about an illness that is suffered by one in eight new mothers. With side effects that include shame, helplessness and despair at a time that is supposed to be one of the happiest in a woman's life, Ivy wants to help fellow PPD advocates get the message out that PPD is not a mind-over-matter thing as those who don't know any better tend to believe. PPD is an illness that must be taken seriously. We must all remember that the health of the family unit depends on the mother's well-being. Ivy Shih Leung's voice as a storyteller is strong, loud and clear. Ivy is a survivor of postpartum depression and through the written words on each page you can hear her roar. Jane Honikman, Founder of Postpartum Support International. **A Deeper Shade of Blue** Ruta Nonacs, 2006-08-08 Depression affects women almost twice as often as men with about one in four women suffering from it in her lifetime. While depression may strike at any time, studies show that women are particularly vulnerable during their childbearing years. Despite the increasing awareness of this deeply concerning issue, many studies and health professionals still continue to focus almost solely on postpartum depression, ignoring the fact that depression is just as likely to affect women while they're trying to conceive and during pregnancy. Now in this comprehensive, empathetic and candid book, Dr. Ruta Nonacs, a senior member of the Center for Women's Mental Health at Massachusetts General Hospital and mother of two children herself, confronts the seldom-talked-about issues of pregnancy-related depression, including becoming pregnant while being treated for depression, infertility-related depression and the effects of fertility treatments. Understanding the effects of maternal depression on spouses and family, postpartum depression and anxiety, Nonacs also addresses the many complicated issues in a woman's life during the span of her childbearing years: education, career, marriage, childbearing and

child rearing and discusses the ways in which depression often takes hold during potentially stressful times Nonacs identifies many of the symptoms of depression associated with pregnancy and discusses treatments and cures as well as ways to minimize effects of depression on family and friends Straightforward and honest as well as emotionally sensitive and deeply moving *A Deeper Shade of Blue* gives every woman who has suffered from pregnancy related depression the information she needs to get the best care for herself during pregnancy and beyond

*Blues in the Night* Rochelle Krich, 2003-09-30 Sunday July 13 1 46 A M Near Lookout Mountain and Laurel Canyon An unidentified woman in her twenties wearing a nightgown was the victim of a hit and run accident that left her unconscious and seriously injured There were no witnesses So reads the report on the accident off Mulholland Drive in Molly Blume's Crime Sheet column for a weekly Los Angeles tabloid Just another small L A tragedy soon forgotten But the image of the young woman in her nightgown stumbling along a dark winding road is one Molly a freelance true crime writer cannot shake In fact it draws her to a bedside in intensive care where the victim whispers to her three names Robbie Max and Nina It's not a smoking gun but is sufficient to reinforce Molly's gut instinct that there are sinister circumstances behind the assault on Lenore Saunders With fearless conviction Molly asks questions that nobody including Lenore's mom her ex husband her shrink or even Molly's L A P D buddy Detective Connors wants to answer Nevertheless the astute Molly discovers Lenore lived a fractured life so different from Molly's own secure and loving Orthodox Jewish background And as a chilling picture of the unfortunate woman begins to take shape the menace of murders past and present stirs and quickens In her first Molly Blume novel award winning novelist Rochelle Krich tells a story in the tradition of the great L A mysteries of the past and introduces an investigator who is pure gold Twentysomething divorcee Molly Blume with her deep faith short skirts and nose for the truth is a heroine to cherish

*Abortion, Motherhood, and Mental Health* Ellie Lee, Whatever reproductive choices women make whether they opt to end a pregnancy through abortion or continue to term and give birth they are considered to be at risk of suffering serious mental health problems According to opponents of abortion in the United States potential injury to women is a major reason why people should consider abortion a problem On the other hand becoming a mother can also be considered a big risk This fine well balanced book is about how people represent the results of reproductive choices It examines how and why pregnancy and its various outcomes have come to be discussed this way The author's interest in the medicalization of reproduction its representation as a mental health problem first arose in relation to abortion There is a very clear contrast between the construction of women who have abortions implied by moralized argument against abortion and the construction that results when the case against abortion focuses on its effects on women's mental health Lee argues that claims that connect abortion with mental illness have been limited in their influence but this is not to suggest that they have not become a focus for discussion and have had no impact The limits to such claims about abortion do not by any means suggest limits to the process of the medicalization of pregnancy more broadly that is a process of demedicalization The final theme of Ellie Lee's book is

the selective medicalization of reproduction Centering on the claim that abortion can create a post abortion syndrome the author examines the medicalization of the abortion problem on both sides of the Atlantic Lee points to contrasts in legal and medical dimensions of the abortion issue that make for some important differences but argues that in both the United States and Great Britain the post abortion syndrome claim constitutes an example of the limits to medicalization and the return to the theme of motherhood as a psychological ordeal Lee makes the case for looking to the social dimensions of mental health problems to account for and understand debates about what makes women ill Ellie Lee is research fellow in the Department of Sociology and Social Policy University of Southampton Highfield United Kingdom Postpartum Disorders Autumn Libal,2014-09-02 Everyone told Sandra she would be happy People described in rapt detail the overwhelming feeling of love and purpose that would envelop her at her daughter s birth Nothing prepared Sandra for the heavy fog of dread and loss that descended upon her in the delivery room on the day she gave birth When the nurse handed her the crying bruised purple pink bundle Sandra had to fight the urge to hand the bundle back and run She wanted to turn the clock back nine months before any of this had happened When she did spend time with her daughter instead of singing soothing lullabies Sandra found herself whispering I hate you I wish you had never been born Pregnancy childbirth and early motherhood is supposed to be a time filled with the joy and wonder of bringing a new life into the world Unfortunately some women find that the struggles of early motherhood are accompanied by multiple sorrows that clash with this picturesque ideal As difficult as it may be for a person who has not experienced it to understand Sandra s feelings are quite common among new mothers struggling with the physical emotional and social upheaval that follows giving birth In this transitional period some women become more vulnerable to depression and may experience psychiatric disorders such as postpartum depression and postpartum psychosis Postpartum Disorders will tell you more about these disorders the experiences of the women who have faced them and the treatments that can help **The Bogeyman** ,2003 *Mothering Magazine's Having a Baby, Naturally* Peggy O'Mara,2007-11-01 For more than twenty five years Mothering magazine has captured an audience of educated women who appreciate its well inform you choose approach to parenting Having a Baby Naturally reflects this spirit with straightforward uncensored information about pregnancy and childbirth addressing common concerns and questions in a compassionate nonjudgmental style Written by Peggy O Mara the longtime publisher editor and owner of Mothering magazine it synthesizes the best theories and safest practices used in natural childbirth including recommendations from the World Health Organization the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists Throughout O Mara reinforces her belief that each woman s pregnancy and birth experience is a one of a kind event She covers such topics as Nutrition diet and exercise Emotional self awareness during and after pregnancy A trimester by trimester guide to what is happening in your body and your child s Birth choices offering suggestions not rules Pain medication alternatives Birth locations from hospitals to home birth Relieving morning sickness with natural remedies

Prenatal testing Breastfeeding Prematurity and multiple births Balancing work and family The father's role during pregnancy and beyond Difficult subjects such as birth defects miscarriages and postpartum depression are also treated with sensitivity and candor Finally a book for the thinking woman who believes in her own inherent capacity to make smart informed decisions about her pregnancy and birth just as she makes in other areas of her life Having a Baby Naturally is a celebration of childbirth and an accurate and objective guide to helping women fortify their spirits develop trust in their bodies and make the best possible choices to protect their new baby's health

*The Art of Creative Research* Philip Gerard, 2017-02-23 A guide to finding and using information that enriches your fiction nonfiction or poetry filled with anecdotes from a wide range of writers Choice All writers conduct research For some this means poring over records and combing archives but for many creative writers research happens in the everyday world when they scribble an observation on the subway when they travel to get the feel for a city or when they strike up a conversation with an interesting stranger The Art of Creative Research helps writers take this natural inclination to explore and observe and turn it into a workable and enjoyable research plan It shows that research shouldn't be seen as a dry plodding aspect of writing Instead it's an art that all writers can master one that unearths surprises and fuels imagination This lends authenticity to fiction and poetry as well as nonfiction Philip Gerard distills the process into fundamental questions How do you conduct research And what can you do with the information you gather He covers both in person research and work in archives and illustrates how the different types of research can be incorporated into stories poems and essays using examples from a wide range of writers as well as his own projects Throughout he brings knowledge from his seasoned background into play drawing on his experiences as a reporter and a writer of both fiction and nonfiction His enthusiasm for adventure is infectious and will inspire writers to step away from the keyboard and into the world Gerard just flat out gets it He understands that research is at its core about the human need to know an indispensable book Joe Mackall author of Plain Secrets An Outsider among the Amish

*The Mother-to-Mother Postpartum Depression Support Book* Sandra Poulin, 2006-03-07 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 woman 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

**You Saved Me, Too** Susan Resnick, 2013-11-05 Aron Lieb approached Sue Resnick at a Jewish Community Center fifteen years ago and found a companion and soul mate who was steadfastly by his side for the rest of his life You Saved Me Too is the incredible story of

how two people shared the hidden parts of themselves and created a bond that was complicated challenging but ultimately invaluable Sue was first attracted to Aron's warmth and wit such a contrast to his tragic past and her recent battle with postpartum depression Soon she would be dealing with his mental illness fighting the mainstream Jewish community for help with his care and questioning her faith The dramatic tension builds when Sue promises not to let Aron die alone This book chronicles their remarkable friendship which began with weekly coffee dates and flourished into much more With beautiful prose it alternates between his history their developing friendship and a current health crisis that may force them to part

*Journal of the Association for Research on Mothering*, 2001

### **The Complete Guide to Mental Health for Women**

Lauren Slater, Amy Banks, Jessica Henderson Daniel, 2003-08-15 As women we know how important it is to take charge of our health care to be informed and proactive But too often we forget that our mental wellness is an integral part of our overall health The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce Drawing on the latest thinking in psychiatry and psychology written for women of diverse backgrounds The Complete Guide to Mental Health for Women begins with Part One the life cycle helping women understand the major issues and biological changes associated with young adulthood middle age and old age Specific entries address the psychological importance of women's sexuality relationships motherhood childlessness trauma and illness and discuss how social contexts such as poverty and racism inevitably affect mental health Part Two explores specific mental disorders including those like postpartum depression related to times when women are particularly vulnerable to mental illness Part Three takes a closer look at biological treatments including the use of antidepressants and various types of psychotherapy from cognitive behavioral treatments to EMDR and beyond The Complete Guide to Mental Health for Women ends with a section on life enhancements because the activities that help us live fuller more vital lives are also essential to our mental health The Complete Guide to Mental Health for Women Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists Helps women think through the psychological challenges inherent in the life cycle from young adulthood through old age Focuses on key life issues from sexuality and relationships to trauma and racism Provides important information on mental disorders their biological treatments and psychotherapeutic interventions Includes a comprehensive list of psychotropic medications targeted reading suggestions crucial online resources and support groups The Complete Guide to Mental Health for Women covers what every woman should know about Aging What should I expect from menopause What do I need to know about the benefits and risks of hormone therapy Pregnancy How will becoming a mother change me How do I overcome postpartum depression Childlessness What if I don't want to be a mother Sexuality Is a female Viagra the solution to women's sexual complaints How does societal ambivalence about women's sexuality affect me Body Image and Eating Disorders Are all eating disorders a reaction to societal pressures to be thin Polypharmacy Why are

some patients prescribed more than one type of psychotropic drug Is this overmedicating Finding a Psychotherapist How do I know if a therapist is right for me And how do I know what type of therapy I need Anger Why is it the most difficult emotion for many women to express EMDR What exactly is EMDR Is it a reputable therapy Depression and Anxiety What do I need to know about psychopharmaceuticals Does talk therapy help Complementary Treatments for Depression and Anxiety Does St John s Wort really work What else might help      **Feminist Bookstore News** ,1999      **Library Journal** ,2000      *The Library Journal* ,2000 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately      Women's Almanac Doris Weatherford,2002 Women s Almanac 2002 is a first stop reference source that combines news issues statistics and a resource directory along with historical information and analysis from both the U S and international perspectives No other resource offers this unique combination of information complete with annotated list of Web sites charts statistics and graphs The Almanac is unique for its U S information where women s history is profiled state by state Acclaimed women s studies author Doris Weatherford editor in chief and major contributor to the book presents cutting edge information about women in the United States and throughout the world      **Consumer Health Information Source Book** Alan Rees,2003-06-30 The seventh edition of this comprehensive and authoritative guide provides more than 2 000 popular publicly available health information resources available in both print and electronic formats Resources include those that the author judges to be the best materials published since the last edition of this book      **Parents** ,2000      Feminist Periodicals ,2001

## Enjoying the Beat of Expression: An Mental Symphony within **Sleepless Days One Womans Journey Through Postpartum Depression**

In a global taken by screens and the ceaseless chatter of instant interaction, the melodic elegance and mental symphony created by the prepared word frequently diminish in to the background, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, situated within the pages of **Sleepless Days One Womans Journey Through Postpartum Depression** a stunning fictional treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of the touching analysis, we shall discover the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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