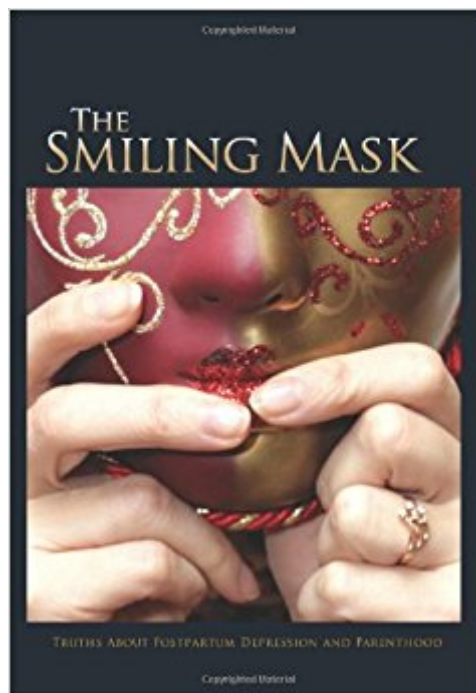




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# The Smiling Mask: Truths About Postpartum Depression And Parenthood



## Synopsis

Truths about Parenting and Parenthood

## Book Information

Paperback: 200 pages

Publisher: JDC Productions (August 27, 2009)

Language: English

ISBN-10: 0978134133

ISBN-13: 978-0978134136

Product Dimensions: 6.5 x 0.5 x 9.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,598,114 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #6575 in Books > Health, Fitness & Dieting > Women's Health #44587 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

Chilling, touching stories from three women who desperately wanted to do the right thing after their babies were born. But depression and anxiety hit hard. Lost, scared and feeling alone, these authors had the courage to come forth and tell their story. Seeking help is crucial if you are a woman who is prone to depression. If you plan to have children or are pregnant and suffer bouts of emotional turmoil, anxiety or depression, you **MUST** read this book. We all suffer at different levels because motherhood is hard. Kudos to the courageous women who came forth and told the brutal truth as they risked being judged as a potentially 'bad mothers.' We must hear these stories to help other mommies who are suffering. Mothers need other mothers. Kimberley Clayton Blaine, MA, MFT Founder, [...] Author: Mommy Confidence: 8 Easy Steps to Reclaiming Balance, Motivation, and Your Inner Diva

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Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help The Postpartum Husband: Practical Solutions for living with Postpartum Depression Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period Gillian Wearing and Claude Cahun: Behind the Mask, Another Mask Mask of Dragons (Mask of the Demonsouled Book 2) Mask of Swords (Mask of the Demonsouled #1) The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens ) Postpartum Depression and Anxiety: How to Survive and Thrive Through Self-care Diet and Fitness Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression Transformed by Postpartum Depression: Women's Stories of Trauma and Growth

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