



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

WJ Hussar



Sleepless Days One Woman's Journey Through Postpartum Depression:

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 Ivys 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 theres 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 dont 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 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 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 The Art of Creative Research Philip Gerard,2017-02-21 Everyone who writes a novel a poem or a memoir almost certainly conducts research along the waywhether to develop a story idea or to capture the voice the speech patterns or the exact words of a character or to ensure authenticity or accuracy of detail in describing a person a place an object a setting This kind of experiential research is an art form of its own and this book is the first to treat it as such Addressing writers of fiction poetry and nonfiction Philip Gerard covers all the different kinds of archives that might inform creative work including historical documents site visits interviews and memory He offers practical tips for drawing on these different types of sources including such mundane matters as planning and budgeting for travel costs arranging access in advance and troubleshooting when plans go awry And he illustrates how the insights gleaned from research can be incorporated into stories poems and nonfiction using examples from a wide range of writers The Bogeyman ,2003

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 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 women 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

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

Journal of the Association for Research on Mothering ,2001 **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 **Feminist Periodicals** ,2001 *New Books on Women and Feminism* ,2000
 Parents ,2000 *Creative Nonfiction* ,2005 **Griffith's 5-Minute Clinical Consult, 2001** Mark R. Dambro,2000-12
This quick reference for current medical diagnosis and treatment covers more than 1 000 medical surgical conditions in a fast access format that includes basics diagnosis treatment medications and more This edition is thoroughly updated to reflect contemporary practice norms and includes expanded indexes and listings of Web sites **Subject Guide to Books in Print** ,1991

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Sleepless Days One Womans Journey Through Postpartum Depression**

In some sort of inundated with monitors and the cacophony of quick communication, the profound power and psychological resonance of verbal art frequently diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the lyrical pages of **Sleepless Days One Womans Journey Through Postpartum Depression**, a interesting perform of fictional beauty that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus manuals visitors on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect its fascinating publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

https://auld.rmjm.com/public/Resources/HomePages/Envy_And_Gratitude_And_Other_Works_19461963.pdf

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Sleepless Days One Womans Journey Through Postpartum Depression Introduction

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