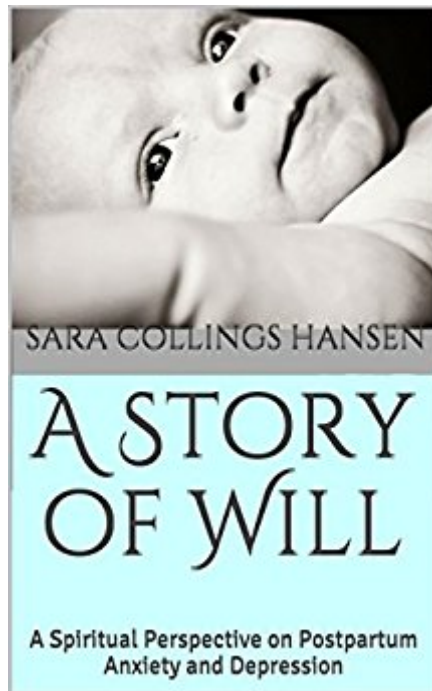


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# A Story Of Will: A Spiritual Perspective On Postpartum Anxiety And Depression



## Synopsis

I never thought I would have to fight to love my own child. Postpartum depression was just a phrase to me before I had my second son, Will. I never understood how the birth of a healthy, beautiful baby could turn a life upside down until it happened to me. For months I struggled through sleepless nights and endless days, just trying to put myself together, to regain some semblance of the woman that I had been. I didn't plan on going crazy, but in a flurry of panic I flew across the country, left my two kids with my parents, and checked myself into the hospital. In trying to make sense of what was happening to me, I searched for books or support groups concerning Latter Day Saint (LDS) or Christian women who had experienced postpartum disorders. After all, we are a unique group. We are commanded to be virtuous women and to multiply and replenish the earth. I think this can translate into feeling that we have to do and be everything and we have to do it by ourselves. I found plenty of self-help books written by professionals and a few memoirs of celebrities, but very little literature sharing personal experiences of healing. Since every case of PPD is different, this left me feeling even more alone in my struggle. I was not a celebrity, just an ordinary woman hiding from the stigma of mental illness and hoping and praying that I would be well again.

## Book Information

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## Customer Reviews

I have never been formally diagnosed with postpartum depression or anxiety. But had a baby last year and I had a lot of the same feelings and thoughts and still do. I am doing counseling and on few different medications. This book gives you hope and that there is a light at the end of the tunnel. It's a easy read and I read it in less than a day!

This book is a must read for not just women but men as well. Postpartum depression blind-sides more women than our culture has chosen to talk about. I wish I had had it to read 32 years ago when I first experienced it. This book, if read (and available if PPD does occur) can give one relief, comfort, encouragement and sound ideas. The author is so authentic and vulnerable. With 3 of my 5 children, I had varying degrees of PPD. Sara wrote this book so well, I related on so many layers and levels. She shares profundities that I have screen shot and will return to often. Thanks Sara and her husband Tom for being so real and raw!

Though I'm done having children I found relevance to Sara's experience in my own life. Her story brought out the vulnerability we can all experience in life. It was a beautiful reminder of less judging and more loving. We never know what trials another is dealing with. Faith in God pulled her through the pain and I know it can do the same for all of us, no matter the trial.

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