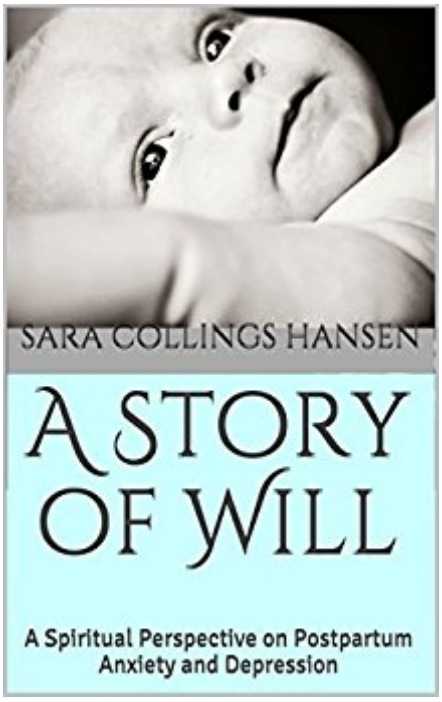
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A Story Of Will: A Spiritual Perspective On Postpartum Anxiety And Depression



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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!

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.

I loved this book from start to finish. It's honest, encouraging, and full of strength and hope. Thanks Sara for sharing your personal experience. Thanks for reminding me how the refiners fire changes us and how God is always there even when we are scared and think he might not be.

Very open and honest!! I loved her perspective and the spiritual aspects. Applicable to any who have suffered mental illness.

Sara shares an amazing and spiritual prespective on depression and how to heal.

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!

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disorders) Postpartum 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) A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Draw in Perspective: Step by Step, Learn Easily How to Draw in Perspective (Drawing in Perspective, Perspective Drawing, How to Draw 3D, Drawing 3D, Learn to Draw 3D, Learn to Draw in Perspective) 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 Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) 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 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 The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Art of Holding in Therapy: An Essential Intervention for Postpartum Depression and Anxiety Overcoming Postpartum Depression and Anxiety 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) Depression: Stop Dying & Start Living: Social Anxiety, Insecurities, Fear, & Depression Cure

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