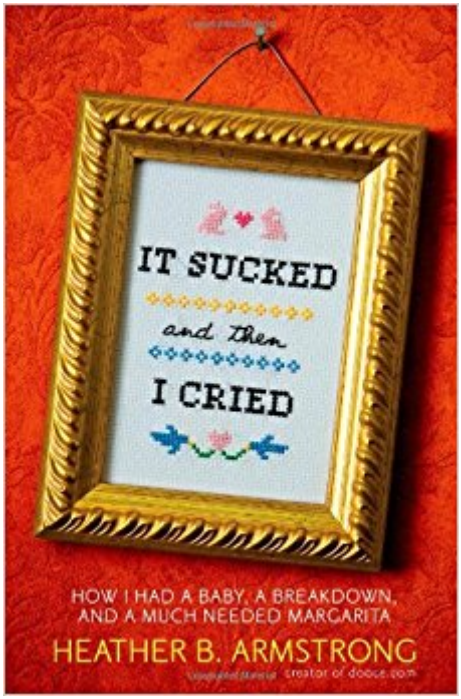
Ebook Directory
the best source of ebook

The book was found

It Sucked And Then I Cried: How I Had A Baby, A Breakdown, And A Much Needed Margarita



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

An irreverent and captivating memoir about the unexpected joys and glaring indignities of pregnancy, childbirth, and parenthood - from the beloved creator of the most popular personal blog on the web, dooce.comHeather Armstrong gave up a lot of things when she and her husband, Jon, decided to have a baby: beer, small boobs, free time -- and antidepressants. The eighteen months that followed were filled with anxiety, constipation, nacho cheese Doritos, and an unconditional love that threatened to make her heart explode. Still, as baby Leta grew and her husband, Jon, returned to work, Heather faced lonely days, sleepless nights, and endless screaming that sometimes made her wish she'd never become a mother. Just as she was poised to throw another gallon of milk at her husband's head, she committed herself for a short stay in a mental hospital -- the best decision she ever made for her family.To the dedicated millions who can't get enough of Heather's unforgettably unique style and hilarious stories on her hugely popular blog, there's little she won't share about her daily life as a recovering Mormon, liberal daughter of Republicans, wife of a charming geek, lover of television that exceeds at being really awful, and stay-at-home mom to five-year-old Leta and two willful dogs.In It Sucked and Then I Cried, Heather tells, with trademark wit, the heartfelt, unrelentingly honest story of her battle with postpartum depression and all the other minor details of pregnancy and motherhood that no one cares to mention. Like how boring it can be to care for someone whose primary means of communication is through her bowels. And how long it can possibly take to reconvene the procedure that got you into this whole parenthood mess in the first place. And how you sometimes think you can't possibly go five more minutes without breathing in that utterly irresistible and totally redeemable fresh baby smell.It Sucked and Then I Cried is a brave cautionary tale about crossing over that invisible line to the other side (the parenting side), where everything changes and it only gets worse. But most of all, it's a celebration of a love so big it can break your heart into a million pieces. --This text refers to an out of print or unavailable edition of this title.

Book Information

Hardcover: 272 pages
Publisher: Gallery Books (March 24, 2009)
Language: English
ISBN-10: 1416936017
ISBN-13: 978-1416936015
Product Dimensions: 9.3 x 6.3 x 1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 152 customer reviews

Best Sellers Rank: #2,047,094 in Books (See Top 100 in Books) #96 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #991 inÃ Â Books > Biographies & Memoirs > Regional U.S. > West #3420 inÃ Â Books > Parenting & Relationships > Family Relationships > Motherhood

Customer Reviews

Heather B. Armstrong is an American blogger who resides in Salt Lake City, Utah. She and husband Jon Armstrong have a daughter and two dogs: Former Congressman Henry "Buck" Chucklesworth, called Chuck, and Dame Eleanor Ritzford-Fitzsimons Puffs, a.k.a Coco.

There are several people whose primary complaints about this book are her overuse of all capital letters (she does a lot of that, but it didn’t bother me too badly...I guess it just depends on personal preferences), the fact that she talks about "eating" her baby, how she whines about not having time to pluck her eyebrows, the book is jumpy, and she says terrible things about her daugher.First of all, the references to "eating" her child are clearly a figurative way of referring to how adorable she finds her baby, for those that don’t understand figurative expressions. She is clearly not literally referring to basting her child in a chablis butter sauce and letting her roast to a perfect juicy inside so that she may be consumed with a side of mushroom medley.Second, she barely mentions not having time to pluck her eyebrows, so who cares? Most new mothers don’t. She mentions it once, she doesn’t spend any time lamenting about it. And yes, the book can be a bit jumpy. Heather is not Tolstoy, nor has she claimed to be. Let us remember that she is a humor/mommy blogger not a serious literary figure. Cut her a break. She still writes pretty damn well for the genre.And the "terrible" things she says about her daughter? They are few and far between, but most importantly, they are JOKES. Not only that, they are HONEST, and possibly quite accurate descriptions of what new mothers experience. I would like to think that Leta will have an understanding of exactly what her mom meant someday if she decides to have her own children. I don’t see how being realistic about both the frustrations and triumphs of motherhood are supposed to be so damaging to offspring. It’s so silly to pretend like many mothers don’t also experience negative emotions after having given birth for the first time, what’s so wrong with expressing them? By being honest, she is able to open doors for others to feel less shamed if they are anything but elated after becoming first time parents. I don’t see the harm in that.Now on to my personal feelings on the book. I have to admit there were

times that I felt slightly annoyed at allll her complaining (trust me, there is a lot of it in the book). Particularly with her "everything under the sun that could be uncomfortable about pregnancy has happened to me times 1,000" which seem to constitute the first few chapters. However, it was important to remind myself that this is in fact a humor book, and humor books are often over-dramatized for effect. Being a sufferer of depression and anxiety myself, I also found myself thinking, in the chapters after the birth of her baby, that possibly having a real job which required her to work outside of the home might have been a good thing for her. It seems she had nothing else to focus on other than her feelings and rearing this baby, and sometimes not having other involvements is what can make depression exponentially worse. I found myself rolling my eyes a few times and thinking "ok Heather, cry me a river. You've got all these postpartum issues, but the silver lining is you get to deal with them WITHOUT having to worry about rushing back to a full time job when your baby is about 3 months old like a lot of women! You get to sit home and spend practically every minute with your baby for as LONG as you'd like. Cry when your baby is eight weeks old and you're forced to leave her in a daycare for 40 hours a week." Those were really the only parts that irked me.The book overall, was a wonderful chronicle of feelings that can occur before, during, and after first time pregnancy, that are so very real to so many women. Heather does it in a funny way that is also balanced with a lot of heart felt commentary that is also completely relatable. I personally love that she wrote this book. If it were just a sad tale of postpartum depression, it would have been unbearable to read. But because it is balanced with humor and raw feelings, it is much easier to stomach. You get the sense by the end of the book that she truly believes motherhood is one of the best things she ever did, not that she regrets it in any way. I'm personally a fan of her ability to bring such common experiences and emotions to the forefront, as opposed to women only being allowed to sing the praises of new motherhood. In our society, it's an adjustment. It can be rough. It is both a physical, emotional, and lifestyle transition. I appreciated Heather's wit and gumption. The book was a little whiny, a little annoying at times, but the times when it was honest and touching far outweigh the former. A fun, quick, heart warming read for anyone who's either had a baby, considering having one at some point, or never even plans to have kids and wants to regale in the ridiculousness that comes with the treacherous territory of motherhood. Overall, for what it was, I enjoyed it.

So, I'm a mommy and I read. And when I had my first - Nate - I read a lot of Mommy memoirs. I read this one because I love Heather Armstrong, who authors a popular blog in the mommy sphere. I also really wanted to learn about another woman's experiences with post-partum depression and

Ms. Armstrong went through a very, very tough time (and I wanted to talk about it on my podcast let's be honest). She had a breakdown and was actually hospitalized briefly in order to be stablized on her meds.While I enjoyed the fact that it was a quick read and the writing style was fun, it didn't even begin to scratch the surface with regards to the big issues: post partum depression, the struggles to be perfect, the struggles in breastfeeding and whether to continue in the face of such mental health issues. At times, I did laugh but I wish that the issues and the struggles had been tackled with much more depth than Heather actually tackled them.I think that Ms. Armstrong is really good at telling stories. In some ways, her talent at telling stories disappointed me all the more because she could have told stories that reached out and helped women through their darkest moments.I would recommend getting this book out of the library and definitely reading her blog, but don't know that I would add this book to the home library.

I suffered from severe post-partum depression and anxiety after my first daughter and read this book during my recovery. I enjoyed it then and have just finished reading it again after the birth of my son. I have experienced some degreeof PPD this time, but not of the severity I endured after my daughter. This book is laugh-out-loud funny and is so comforting because it makes you realize you're not alone. I have many friends who are young mothers, yet not one of them has had an experience like mine. Armstrong invites you into her home and life and opens up about the raw, painful reality of PPD. Finding someone you can identify with, even if it's through the pages of book, is very helpful.

I respect her openness in sharing her journey. The writing was long winded though and her voice was inconsistent. I also did not relate to the worry filled/anxious/awful experience that she had and there were no lessons hidden in the long winded accounts of her screaming baby that made this worth while for me. Do hope it gives others hope though that medication can help with post partum issues - I know they are very real for people.

I love this book!! A friend gave it to me a few months after I has my son and it changed my life! I didn't know I was struggling with postpartum. I just thought I cried a lot and was super overwhelmed! It helped reading someone else's story!Now I send this to all of my friends about 3 months after they have their baby. That seems to be when you hit this wall. Everyone I've sent this too has loved this book. I'm so grateful that she shared her story with us!

Whether you're Pregnant or already have kids, this book is a must read. It's hilarious and totally relatable regardless of how your pregnancy was. I've read this multiple times already! LOVED it.

Download to continue reading...

It Sucked and Then I Cried: How I Had a Baby, a Breakdown, and a Much Needed Margarita Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 Baby Bargains: Secrets to Saving 20% to 50% on baby cribs, car seats, strollers, high chairs and much, much more! 2017 update! Baby Bargains (Version 12.0, released 2017): Secrets to Saving 20% to 50% on baby cribs, car seats, strollers, high chairs, monitors and much, much more! Baby Bargains: Secrets to Saving 20% to 50% on baby furniture, gear, clothes, strollers, maternity wear and much, much more! Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby! Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3) Isla Margarita, Venezuela: Including its History, Porlamar, Playa Parguito, Playa Caribe, and More The Master and Margarita: 50th-Anniversary Edition (Penguin Classics Deluxe Edition) Einstein Already had it, But He Did not See it: Part 0: The Discarded Term from the Einstein-Hilbert-Action (Einstein had it Book 1) Baby Bar Kit: e law book, Everything required for the baby bar - and then some. Pictures and Tears: A History of People Who Have Cried in Front of Paintings Yesterday I Cried: Celebrating The Lessons Of Living And Loving The Cat Who Cried for Help: Attitudes, Emotions, and the Psychology of Cats I Cried, You Didn't Listen: A Survivor's Expose of the California Youth Authority The Boy Who Cried Fabulous I Cried, You Didn't Listen: A First Person Look at a Childhood Spent Inside CYA Youth Detention Systems: Surviving a Life in Prison from Adolescent to Death; Book 1 Minecraft Diary: Diary of a Minecraft Builder - The Pig Who Cried Wolf The Night The Owl Cried: A Taste of Cyprus

Contact Us

DMCA

Privacy

FAQ & Help