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Nobody Told Me: My Battle With Postpartum Depression And Obsessive-Compulsive Disorder



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Synopsis

A pretty house and white picket fence, with a beautiful family is the beginning of every little girls dream. Wendy’s story truly begins with the birth of her first child is where, when her life is lived beyond the norms of everyday annoyances, and maybe, beyond some bad parenting or a broken family. This is where she takes hold of adversity and the real Wendy comes to life. Wendy pushed through unspoken walls of postpartum depression and obsessive-compulsive disorder, horrifying thoughts, and debilitating anxiety. This book is a memoir into a dark corner of childbirth that never seems revealed until it is entirely too late. When you’re done with this story you will learn that the love for your child will give you strength beyond anything you could envision. The greatest part of all is that Wendy is just like you and me; she is neither a superwoman nor is she made of steel. She is an ordinary woman backed into an extraordinary circumstance, and she comes out on top. Wendy shows you that if she can do it, anyone can with help and support.

Book Information

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Customer Reviews

Wendy’s story is an important story for women to hear. She writes about postpartum OCD, a mysterious and misunderstood condition. The story is easy to follow and I read it fairly quickly to see what would happen next. I like that she included her experience with her second child. Even though the topic sounds depressing, I actually laughed out loud a number of times. Also, I feel all women will relate to some aspect of this story - even if they did not have postpartum anxiety or OCD. I do think Wendy was fortunate to have the resources in her community to support her. Living on Long Island, Wendy had doctors, counselors and support groups who were educated about postpartum

OCD. Unfortunately, other women may not find these resources in their community. Having had trouble finding help in my community, I was happy to read her experience. More books like her book will helpfully raise awareness and education.

Wendi is extremely honest about her experience. She is also very compassionate for those who have and are now going through it. The book was real, personal, and insiteful. I have postpartum OCD and anxiety and she hit it on the head on how it really is. Thanks for writing this to help others, Wendi!

Very informative and easy to read, our family has experienced this and this is very true to our experience.

With her candid Jenny McCarthy ("Belly Laughs"/"Baby Laughs") writing style, Isnardi tells it how it is from her pregnancy, to childbirth and to her post partum experience. Holding no punches she tells her story of suffering w/ PPD and the never ending obstacles and battle she had to overcome. Her story inspires you and sends a powerful message that you are not alone and that there is help out there. A great read for anyone and everyone!

Eye opening, honest betrayal of the monster PPD. One woman’s journey through a nightmare she thought would never end. She needed love understanding and the right professionals to get through this nightmare. The writers humorous personality shines through while reading this memoir. You will laugh and cry and get an education. Great read. A good book for medical professionals as well.

I recommend this book to everyone. The author opens up about her personal struggle with PPD and OCD, in a very candid and at the same time funny way. You will cry and laugh, while learning how PPD and OCD can seriously impact a persons life and those around them. This is a book all future moms, expecting moms, moms, and their families should read. You never know when you or someone you love will be affected by PPD.

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