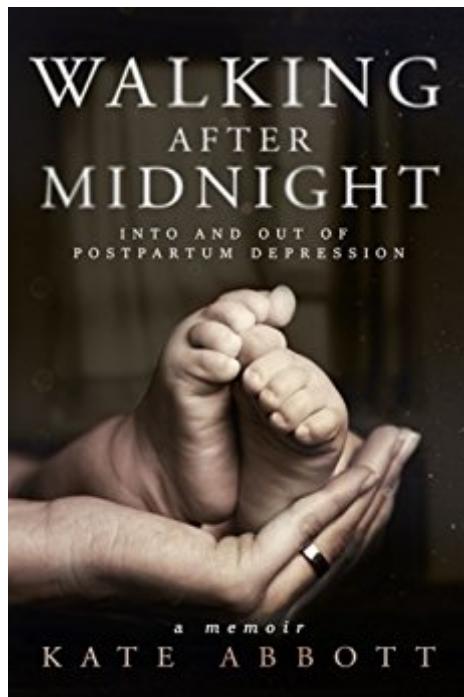


The book was found

Walking After Midnight: Into And Out Of Postpartum Depression



Synopsis

What if you had a babyâ "and lost yourself? Before Kate Abbott was pregnant, she thought she knew exactly who she was and how to achieve success in motherhood: she watched *Supernanny*, she read parenting books, she asked friends for advice. She never even thought about the possibility of depression. Then she actually had a child and her world changed: she could barely dress herself, much less her baby. How could she face the typical challenges of motherhood when she couldn't work up the motivation to take a shower? Would she ever feel like herself again? What did that even mean anymore? As Abbott dealt with diapers and drooling, she was also navigating questions of identity, family history, health, and what it means to accept an illness as part of your life. Her memoir chronicles the year after her son was born, when she learned how to become a mother while trying to reclaim her identity, her sanity, and her life. In that challenging year, she had to discover a new definition of â œsuccessfulâ • parentingâ "a definition that fit her reality.

Book Information

File Size: 396 KB

Print Length: 115 pages

Simultaneous Device Usage: Unlimited

Publisher: Kate Abbott Books (February 1, 2016)

Publication Date: February 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01BD5EYNE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #400,966 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #232 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #372 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health > Pregnancy & Childbirth

Customer Reviews

It's always an honor to read a memoir so openly written about a subject that is often not openly

discussed. Only a fraction of mothers who suffer symptoms of postpartum depression are adequately treated for it. Many feel alone. Kate's willingness to share the details of her story is a gift to new mothers and mothers-to-be everywhere.

Kate Abbott is a skilled writer who treats the difficult subject of postpartum depression with the insight and compassion that come from personal experience. Her touching, ultimately redeeming, memoir is a comfort and resource for others who struggle with the conflicting, maddening and sometimes debilitating mix of emotions that can accompany childbirth.

As someone who rarely reads memoirs, "Walking After Midnight" was a bit of a departure for me, but Kate Abbott's insightful and honest portrayal of her struggle with postpartum depression read like a well-plotted novel, and as a result, I finished it in one night. Her first-person perspective (as one would expect from a memoir) and informal tone made me feel like she was talking to me across a coffee-shop table and I was an ultra-privileged best friend getting to hear the inner workings of her mind. As anyone who has suffered any form of depression knows, it can be very difficult to put your thoughts into words, and though Kate was unable to do so when she first started feeling depressed, she has written about her feelings and experiences with such depth that you cannot help but feel you know her. This is a revelatory book for anyone who has suffered from depression (post-postpartum or otherwise) or anyone who has a loved one who has. Kate Abbott is a writer to watch!

I new nothing about PPD and this book really shed light on the topic for me and I feel like I can understand women who suffer from this and be aware myself if I ever encounter.

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Walking After Midnight: Into and Out of Postpartum Depression Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 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 How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Postpartum Depression / Postnatal

Depression: The Basic Guide to Treatment and Support Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression The Lifter of My Head: How God Sustained Me During Postpartum Depression Postpartum Depression A Guide to Postpartum Depression (Yike MD Health Reports Book 7) DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Depression after Childbirth: How to Recognise, Treat, and Prevent Postnatal Depression Summary - After You: Novel by Jojo Moyes -- Story Shortened into 35 Pages or Less! (After You -- Story Shortened into 35 Pages or Less! - Audible, Audiobook, Paperback, Hardcover, Book) Cat in an Alphabet Endgame: A Midnight Louie Mystery (The Midnight Louie Mysteries Book 28) Defy the Dawn: A Midnight Breed Novel (The Midnight Breed Series Book 14) The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness

[Dmca](#)