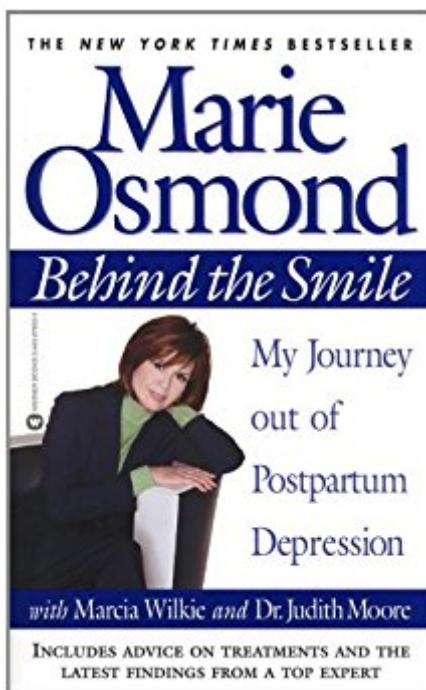


The book was found

Behind The Smile: My Journey Out Of Postpartum Depression



Synopsis

More than one out of 10 new mothers experience post-partum depression (PPD), yet few women seek help. After Marie Osmond, beloved singer and TV talk show host, gave birth to her seventh child (four of her children are adopted), she became increasingly depressed. One night, she handed over her bank card to her babysitter, got in her car, and drove north-with no intention of returning until she had emerged from her crisis. After she went public with her own experiences with PPD on Oprah and Larry King Live, the response was overwhelming. Now collaborating with a doctor who helped her through her ordeal, Marie Osmond will share the fear and depression she overcame, and reveal how she put it all behind her and is moving on with her life.

Book Information

File Size: 2197 KB

Print Length: 338 pages

Page Numbers Source ISBN: 044667852X

Publisher: Grand Central Publishing (October 22, 2008)

Publication Date: November 15, 2008

Language: English

ASIN: B001IZC3QA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #374,511 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36
inÃ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #212
inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >
Mental Health > Depression #277 inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting
> Personal Health > Women's Health > Pregnancy & Childbirth

Customer Reviews

I've always loved Marie Osmond since I grew up watching "Donny & Marie" and reading her column in "Tiger Beat" magazine. I revisited this book when I suggested it to a dear friend who had also struggled with postpartum depression issues and after years of sitting on the shelf, actually found it

quite healing for myself, as well. This book is truly wonderful. I re-read it recently and it is not just a book for dealing with postpartum depression, but ANY depression stowed away and suppressed from events from one's childhood. Marie went through many traumatic experiences - from sexual abuse, perfection issues, body and eating disorders - and she discusses them candidly and honestly while still keeping a sense of humor which most assuredly helped her not completely lose her mind. Marie learned how to take care and nurture that "little girl" inside through all of her trials and heartache. All of these wounds needed the time and HONOR of digging in deep and not being too proud or distracted to do the hardest work of all: facing your past and allowing and honoring yourself enough to face it and take the steps to HEAL. Great book - even if you don't have kids or your own t.v. show.

There isn't a more perfect book for each and every pregnant/new mom, new dad, or couple to read. I have had several people read this book. It is a must have. Thank you!

I needed to know about severe post partum depression so I can help my daughter. I had a mild case of it, but my daughter has it very badly. Reading Marie's account and comments were as if I were talking to me daughter. She and Marie sound like the same person!! Thanks.

I dare you not to be moved by this book! Marie Osmond will pluck your heartstrings with this boldly honest overview of her life and the factors contributing to her postpartum depression experience. This amazingly talented woman reveals a down-to-earth nature and an ability to laugh at herself. If that's not enough to make you feel like a good friend, then perhaps her aching vulnerability will draw you in. Each page uncovers another facet of her life and personality...taking you through her first performance at age three, The Donny and Marie shows, to what it's like to juggle a family of seven (!) children, a marriage, and busy career. Even those unfamiliar with PPD should find it an easy read, especially if you're an Osmond fan. The teen idol I admired from afar shows she's a truly worthy role model, loaded with talent and grace. Maureen O'Brien
Author, Purgatory Behind the Wire
PURGATORY BEHIND THE WIRE

Marie gave a very honest and candid revelation about her nightmare with PPD. She showed step by step how her life changed before her eyes and the nightmare of bringing it back into control. All of the tabloids commented only on the outward appearances they saw, but never had any facts straight....which is typical with celebrities. There is always a story behind every smile, and in Marie's

case she didn't just try to explain her PPD to clear up the falasies printed against her, but to help as many women as possible to understand there is help available for them. I give Marie high points for her remarkable ability to open up her life once again to encourage others.

This book had me in tears! All the pain this poor girl went through! I had this but then they thought you were selfish. My heart goes out to her for her struggles!! God Bless her for telling her story. I'm sure that wasn't easy!! Can't wait to get started on her latest book "The Key Is Love"! I've always loved the Osmond Family so reading her books are pure joy! You would think people would realize & care that celebrities deserve some privacy too!! God love you Marie!! Watch your show religiously and love it!! Super Fan!!

Marie Osmond provides sufficient examples of the ups and downs associated with the life of a working mother, who didn't develop appropriate boundaries, and found herself depleted and emotions unattended. Post partum depression broke her open , and her story may help others. I could have used this 25 years ago.

Very good for anyone suffering with this.

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Behind the Smile: My Journey out of Postpartum Depression
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The Postpartum Husband: Practical Solutions for living with Postpartum Depression Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help
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Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period
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