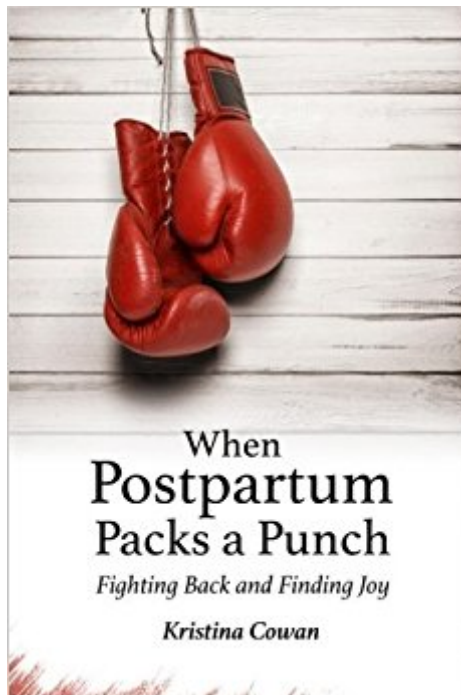




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# When Postpartum Packs A Punch: Fighting Back And Finding Joy



## Synopsis

When Postpartum Packs a Punch offers solace to mothers who have faced traumatic birth and perinatal mood disorders, as well as a chorus of different voices—parents, experts, and researchers. All are singing the same song: while the U.S. has made strides in caring for new mothers, we still have far to go. Stigma silences women, and blinds those on the sidelines. Stories of others' struggles are an antidote for stigma, because they let mothers know that they're not alone. Kristina Cowan describes her own experience with traumatic birth and postpartum depression, and weaves it together with stories from other parents. Representing diverse backgrounds and perspectives and underscoring the prevalence of mood disorders after childbirth, these stories serve as a balm. They help heal and stir hope. And they show how an overcoming spirit can fight terrors of the mind—and win. “Are you feeling the punch of the postpartum period? Many new parents do. But in her book, *When Postpartum Packs a Punch*, Kristina Cowan helps the reader understand the scientific and personal sides of this often-unanticipated problem. This well-researched and well-written book can help you see that you are not alone in your struggle, and that there is help.”—Dr. Jonathan S. Abramowitz, clinical psychologist, professor, and international expert on OCD and anxiety disorders

## Book Information

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## Customer Reviews

Kristina Cowan started writing when she was 5. Years later, she earned a master's degree in journalism from Northwestern University, and these days she covers mental health and

women's issues. She lives in the Chicago area with her husband and two young children. When Postpartum Packs a Punch is her first book.

To all pregnant and postpartum women suffering with anxiety, depressive, OCD or psychotic symptoms. To all therapists, doctors and nurses working with this population. This is a must read!! I know I wish I had been able to have this resource when I struggled with my own postpartum depression and anxiety. As a therapist working with children and new mothers - I am now empowered to offer this resource to my clients. Spread the Word about this honest, insightful and powerful book Kristina Cowan has written. She has lived it, she has researched it and she has fought back against it. Now she writes to tell her story and impact the world around her! Here's a quote I'd like to share from the book "Suffering is an intruder that invades our lives and threatens our very existence. But it also comes bearing the unlikely gifts of perseverance, character, and hope. These are gifts we can offer to others, especially hope. When we make known the times we've suffered and what got us through them, we extend hope to those listening. If they're able to tap into that hope when they're facing hardship, if it helps them get through, and they later pass hope to more people - then affliction has immeasurable value. "

Wow! THIS book packs a punch of thoughtfulness, insight, information and hope! Kristina's way with words and thoroughness is beyond reproach! It's a storybook, workbook, and studybook all in one! I will be telling everyone I know who is expecting or not to read this book because it will benefit everyone!! Love it!

I am encouraged by the hope provided in this book. The transition into parenthood can be difficult even without suffering from postpartum issues. Kristina Cowan's writing is well researched and documented. She weaves real life stories (including her own) to bring hope and answers. Her writing style is readable and educable for moms, dads, friends and family. Many great resources are included. My favorite part of When Postpartum Packs a Punch is that this book addresses a topic that can be difficult to talk about, it takes away social stigma of postpartum and gives practical tools to help with recovery, wellness and a return to wholeness. I highly recommend it to men and women who need answers and hope based on evidence, research and personal stories.

There are many books out there about postpartum depression. What makes this one different? The personal touch. She shares her own story, intertwined with stories from other parents who struggled

with perinatal mood/anxiety disorders (full disclosure: I was interviewed for this book), as well as professionals who work in the field. It offers education about ALL of the other disorders, not just PPD, and offers hope and support for healing. It also discusses why we still have so far to go in treating these disorders, as well as the impact on dads and other family members. While not all of the tips in this book will fit every reader (for example, the author shares how her faith played a role in her recovery, and some of the breastfeeding advice from lactation counselors was not realistic for all moms), there was much offered that would have something for everyone. Well done, Kristina!

This book is an excellent compilation of story, personal experience and research. The author unveils the startling prevalence of perinatal mood and anxiety disorders. She affirms that each woman's experience of childbirth is unique and is influenced by prior experiences in life. Kristina Cowan defines each type of mood disorder: post partum depression, post partum anxiety, posttraumatic stress disorder, obsessive-compulsive disorder, post partum psychosis. Then she takes the reader through the various forms of treatment, demonstrating that each of these mood disorders is treatable. Women are healed. The book is engaging. I found it to be thorough and encouraging. I agree with Kristina's statement: "The world needs more educated conversations on maternal mental health." I appreciated the honest and transparent way that the author shared her own experience with post partum depression and posttraumatic stress disorder. She also relates how this period of suffering helped her become a stronger person.

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