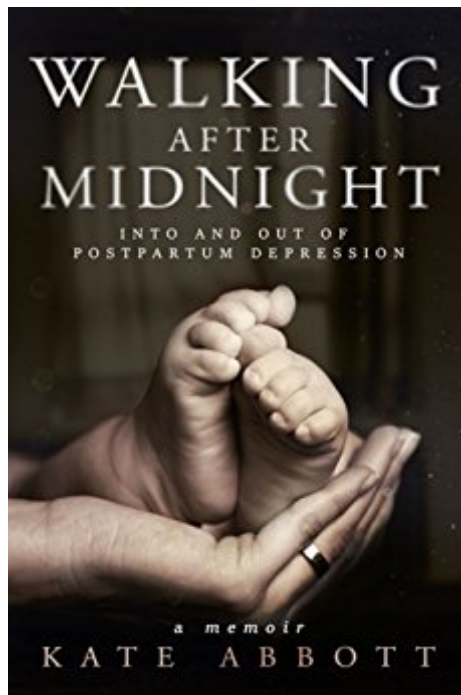


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# Walking After Midnight: Into And Out Of Postpartum Depression



## Synopsis

What if you had a baby 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 "successful parenting" a definition that fit her reality.

## Book Information

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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 knew 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.

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