



Postnatal Depresstion - Facing the Paradox of Lost Happiness & Motherhood

Paula Nicolson

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Ninety percent of new mothers find themselves in tears and feeling down soon after giving birth and one in ten will become depressed during the first year. This guide aims to show how better self-knowledge and a greater understanding of postnatal depression (PND) can help lift the burden and restore self esteem and harmony to mothers and their families. Through the stories of 24 women trying to negotiate their lives as mothers, Paula Nicolson helps women understand more about the realities of motherhood and to regain a sense of well-being.

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