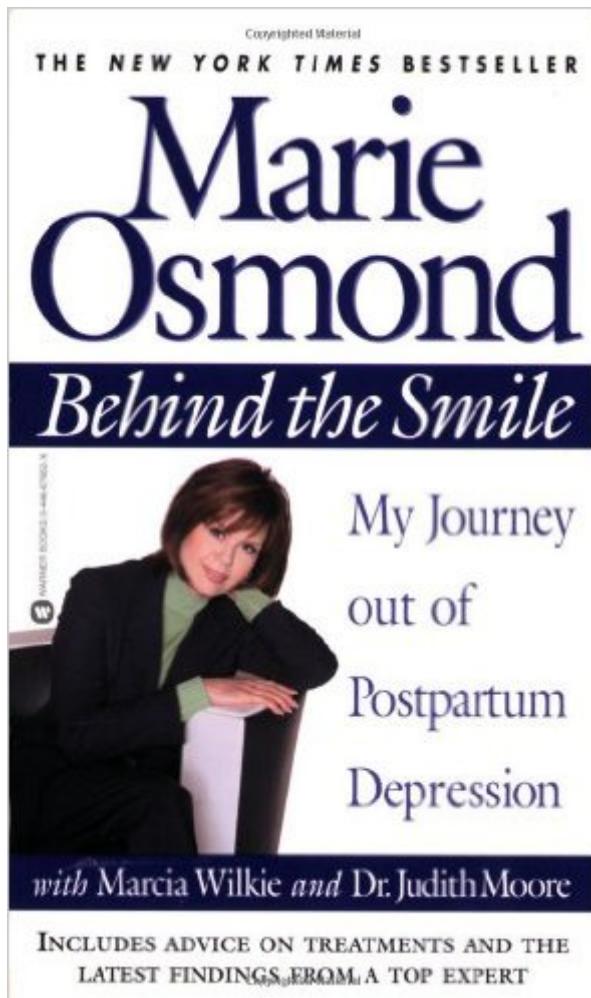


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# Behind The Smile: My Journey Out Of Postpartum Depression



## **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**

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## **Customer Reviews**

Hard to believe that someone so gifted could suffer from depression, post partum or otherwise. Yet that is the story shared by Marie Osmond. The world saw her smile, sing, dance, act and host shows with her talented brothers. She appeared to be on top of the world as she embraced marriage and motherhood. Yet behind the professional smile and demeanor was pain and unhappiness. She writes the book to help other women who suffer similarly and who are unable to articulate their feelings. There is a surprising chapter on the abuse she experienced, and has identified as a causitive factor in her own depression. Writing the book was cathartic for Ms. Osmond. Women and their husbands may likewise gain insight into this illness and how to help each other and their marriage by reading this book. Candid, honest, and revealing.

I am truly impressed. Marie Osmond was very candid in this book. She revealed many very personal details about her struggle. While writing the book may have been cathartic for her, I think she revealed these details to help other women (more than anything). She is very successful in that effort! We are lucky she took the time in her busy schedule to write this book to help others!!! I am currently facing these issues myself. I found her book enormously helpful, interesting, funny, sad, moving, etc. I could relate to much of what she went through. I am so glad I bought this book. I have already recommended it to a friend of a friend who is also dealing with PPD. Having been diagnosed with manic depression following the birth of my 1st child 6 months ago, I really appreciated this book. Even though Marie was not diagnosed with manic depression, there was mention of it towards the end of the book (in Dr. Moore's section). If you are thinking about buying this book, do it. You won't regret it. I laughed and wept. I loved the coverage of alternative/integrative medicine and the appendix resources! Outstanding! There is even a section called "The Father's Experience of Living with Postpartum Depression" in Dr. Moore's part of the book. Believe me, my husband will read this book next. Couldn't put it down!!! It's awesome.

I thank Marie Osmond for having the courage to write this book. I have been dealing with the shame, the pain, and other emotional obstacles due to PPD for the last 2 years. The tears rolled down my face as I read this book. The book validated all the emotions that I was feeling. Now that I know what it is I am dealing with I can get the help that I need to get out of this and move on with my life. Thanks Marie.

I thought I was alone. That no one could ever feel the pain, sadness and loneliness I have felt. But, as I read each written word of Marie's story. I somehow found it comforting to know that I was not alone and that there is hope. I have always admired Marie and have been a fan since my teenage years. I am a private person also. But, now I have decided to seek help. Her book gave me the inspiration and the courage and the hope that I needed. Thank you, Marie

This is an excellent book for anyone who has been through or is going through PPD. Some people want to put down Marie Osmond and other stars for writing self-help books, and it is really sad that it takes someone like this to make people realize that this is a problem. I have been suffering from PPD for 2 years now, and I thought I was crazy until I read this book. It is very informative, and lets you realize you are not alone. There is a section where her Doctor speaks about treatment for PPD,

she gives you a list of ways to treat it. Test you can ask your Dr. to perform, medications that can be used. Anti-depressants are not the only types of medications that can be used to treat this horrible disease. She informs the reader you can be treated through vitamins, herbs or homeopathic treatments and you are even given the names and places where you can order by phone or online if you choose to have herbal or homeopathic treatment. As a matter of fact, I ordered my first shipment today, and I hope I have a turnout like she did. Shorter rating- Thumbs up Marie. Excellent Book could not put it down, as a matter of fact I stayed up all night and read the entire book.

I couldn't read this fast enough. I laughed and cried for so many reasons! Ahhh...to be feel not alone! The only bad thing is that the copy I read was a library book...now that it is returned, I can't refer to it like I need to. The medical advice is changing the way I think about what it means to be healthy. I am buying it and recommend it to everybody I talk to. She is an angel! She is my hero! You go, Marie!

In her story, Marie Osmond gives a true and honest revelation about how she felt after giving birth. The person going through this is a "regular" human being not a star. Marie is realistic about how she has access to some "star" treatment, but what she was going through were honest to goodness emotions. Any woman can relate, especially someone who has given birth. There are so many things that women must deal with on a daily basis and some have more than others to face. I applaud Marie for coming forth and being so honest.

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