

# Mother-to-Mother

## Postpartum Depression Network

### For Immediate Release

**Post Andrea Yates Not Guilty By Insanity Verdict: a first-of-its-kind book with survival stories from mothers around the world is now available to help women recover from postpartum depression and psychosis...**

Sandra Poulin provides an excellent interview representing voices of PPD survivors around the world. To schedule an interview please contact:

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**The Mother-to-Mother Postpartum Depression Support Book:** *Real Stories from Women Who Lived Through It and Recovered* by Sandra Poulin

Foreword by Jane Honikman, Founder, Postpartum Support International

Andrea Yates, the Houston mother who gained worldwide notoriety for drowning her five young children, has been found not guilty by reason of insanity. Postpartum Depression and Psychosis are now one of the most newsworthy topics in America.

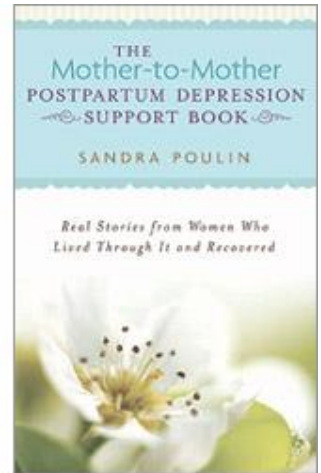
Another Texas mother, Sandra Poulin of Dallas, spent the last nine years collecting stories from women all around the world who, like herself, recovered from postpartum depression and psychosis, and shared a passion to help mothers recover and prevent the Andrea Yates type of tragedies in the future.

Until now, virtually all postpartum depression books have been written from a clinical perspective by medical professionals. Here, in a first of its kind collection, are stories of women's battles with PPD, with intimate details about the symptoms, the struggles, and the strategies that helped them emerge victorious.

**The Mother-to-Mother Postpartum Depression Support Book:** *Real Stories from Women Who Lived Through It and Recovered* (Berkley Trade Paperback Original, March 2006) features stories from mother to mother, from cover to cover. The book includes tips and inspiration from more than one hundred women from all over the world.

Mothers share their challenges with sleep deprivation, anxiety, colicky and ill babies, and other issues that sent them into a downward spiral. Offering hope and reassurance, readers will find support from "everyday" mothers who've "been there."

After Author Sandra Poulin recovered from PPD, she started her mission to help women everywhere...by creating the "grassroots" book that she herself had wanted to read when she was going through it - but could not find. The mothers who participated know that while professionals can provide therapy and medication, it takes mother to mother experiences to provide validation and emotional support to truly get well again.



**Price: \$14.00**

[Order the book](#)

Paperback: 224 pages  
Publisher: Berkley Trade  
ISBN: 0425208087

**The Mother-to-Mother Postpartum Depression Support Book: *Real Stories from Women Who Lived Through It and Recovered*** is an uplifting, enlightening, and perhaps even lifesaving book.

For more information visit: [www.postpartumdepression.net](http://www.postpartumdepression.net)



### **About the Author**

Like most new mothers, Sandra Poulin was "on top of the world" when her baby daughter was born. Little did she know that just four months later, she would be in the depths of Postpartum Depression. What was expected to be one of the happiest times of her life instead became one of the most difficult. After recovering from Postpartum Depression, Sandy began her mission to help women everywhere by creating a book that she had wanted to read but could not find...filled with encouragement, inspiration, and wisdom to help mothers recover.

Sandra Poulin grew up in Milwaukee, Wisconsin, the youngest of six children. She has a Bachelor of Arts Degree from the University of Wisconsin, Milwaukee, with a major in Mass Communications. Now in her 20th year as a Radio Marketing Specialist for Dallas Radio Station KRLD NEWS RADIO 1080, Sandra resides in Dallas, Texas, with her husband Tim and daughter Rachel.



**The Mother-to-Mother Postpartum Depression Support Book: *Real Stories from Women Who Lived Through It and Recovered*** by Sandra Poulin

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