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Other-to-Mother

Postpartum Depression Network

For Immediate Release

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

Dallas, Texas(February 10, 2006). What kind of mother could feel depressed after having been richly blessed with a baby? The answer: every kind, women from all walks of life, from all over the world. At least ten percent of all new mothers are affected by postpartum depression. They ask...Why am I feeling these strange sensations? What is happening to my mind? Will I ever be "myself" again? When will I sleep again?

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.

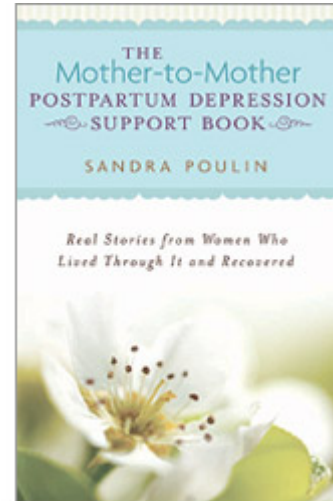
The Mother-to-Mother Postpartum Depression Support Book: *Real Stories from Women Who Lived Through It and Recovered* (Berkley Trade Paperback Original; \$14.00; March 7, 2006) features stories from mother to mother, from cover to cover. The book includes tips and inspiration from more than one hundred 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.

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



Price: \$14.00

[Order the book](#)

Paperback: 224 pages
Publisher: Berkley Trade
ISBN: 0425208087



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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