



Mothering Through the Darkness: Women Open Up About the Postpartum Experience

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Approximately 1 in 7 women suffer from postpartum depression after having a baby. Many more may experience depression during pregnancy, postpartum anxiety, OCD, and other mood disorders. Postpartum depression is, in fact, the most common pregnancy-related complication—yet confusion and misinformation about this disorder are still widespread. And these aren't harmless myths: the lack of clarity surrounding mothers' mental health challenges can have devastating effects on their well-being and their identities as mothers, which too often leads to shame and inadequate treatment.

In this one-of-a-kind anthology, thirty mothers break the silence to dispel myths about postpartum mental health issues and explore the diversity of women's experiences. Powerful and inspiring, *Mothering Through the Darkness* will comfort every mother who's ever felt alone, ashamed, and hopeless—and, hopefully, inspire her to speak out.

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