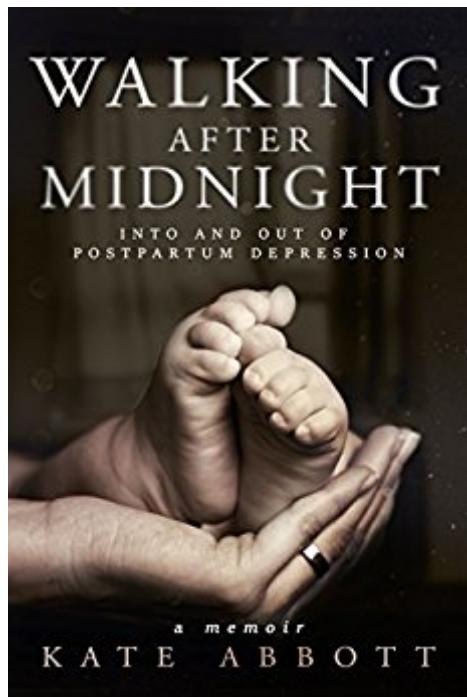


The book was found

# Walking After Midnight: Into And Out Of Postpartum Depression



## **Synopsis**

What if you had a babyâ "and lost yourself? Before Kate Abbott was pregnant, she thought she knew exactly who she was and how to achieve success in motherhood: she watched *Supernanny*, she read parenting books, she asked friends for advice. She never even thought about the possibility of depression. Then she actually had a child and her world changed: she could barely dress herself, much less her baby. How could she face the typical challenges of motherhood when she couldn't work up the motivation to take a shower? Would she ever feel like herself again? What did that even mean anymore? As Abbott dealt with diapers and drooling, she was also navigating questions of identity, family history, health, and what it means to accept an illness as part of your life. Her memoir chronicles the year after her son was born, when she learned how to become a mother while trying to reclaim her identity, her sanity, and her life. In that challenging year, she had to discover a new definition of â œsuccessfulâ • parentingâ "a definition that fit her reality.

## **Book Information**

File Size: 396 KB

Print Length: 115 pages

Simultaneous Device Usage: Unlimited

Publisher: Kate Abbott Books (February 1, 2016)

Publication Date: February 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01BD5EYNE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #400,966 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #232 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #372 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health > Pregnancy & Childbirth

## **Customer Reviews**

It's always an honor to read a memoir so openly written about a subject that is often not openly

discussed. Only a fraction of mothers who suffer symptoms of postpartum depression are adequately treated for it. Many feel alone. Kate's willingness to share the details of her story is a gift to new mothers and mothers-to-be everywhere.

Kate Abbott is a skilled writer who treats the difficult subject of postpartum depression with the insight and compassion that come from personal experience. Her touching, ultimately redeeming, memoir is a comfort and resource for others who struggle with the conflicting, maddening and sometimes debilitating mix of emotions that can accompany childbirth.

As someone who rarely reads memoirs, "Walking After Midnight" was a bit of a departure for me, but Kate Abbott's insightful and honest portrayal of her struggle with postpartum depression read like a well-plotted novel, and as a result, I finished it in one night. Her first-person perspective (as one would expect from a memoir) and informal tone made me feel like she was talking to me across a coffee-shop table and I was an ultra-privileged best friend getting to hear the inner workings of her mind. As anyone who has suffered any form of depression knows, it can be very difficult to put your thoughts into words, and though Kate was unable to do so when she first started feeling depressed, she has written about her feelings and experiences with such depth that you cannot help but feel you know her. This is a revelatory book for anyone who has suffered from depression (post-postpartum or otherwise) or anyone who has a loved one who has. Kate Abbott is a writer to watch!

I new nothing about PPD and this book really shed light on the topic for me and I feel like I can understand women who suffer from this and be aware myself if I ever encounter.

[Download to continue reading...](#)

Walking After Midnight: Into and Out of Postpartum Depression The Lifter of My Head: How God Sustained Me During Postpartum Depression Cat in an Alphabet Endgame: A Midnight Louie Mystery (The Midnight Louie Mysteries Book 28) Defy the Dawn: A Midnight Breed Novel (The Midnight Breed Series Book 14) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Dream Journal Notebook: Sweet Dreams Over Midnight,Lined Journal, 6 x 9, 150 Pages, Write and Draw, Dream Time interpretation and Mood Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life)

Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - the Definitive Survival and Recovery Approach Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - The definitive survival and recovery approach (Pullingthetrigger®) CuraciÃ³n emocional / The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy (Spanish Edition) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness Fat Girl Walking: Sex, Food, Love, and Being Comfortable in Your Skinâ |Every Inch of It Summary - After You: Novel by Jojo Moyes -- Story Shortened into 35 Pages or Less! (After You -- Story Shortened into 35 Pages or Less! - Audible, Audiobook, Paperback, Hardcover, Book) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders

[Dmca](#)