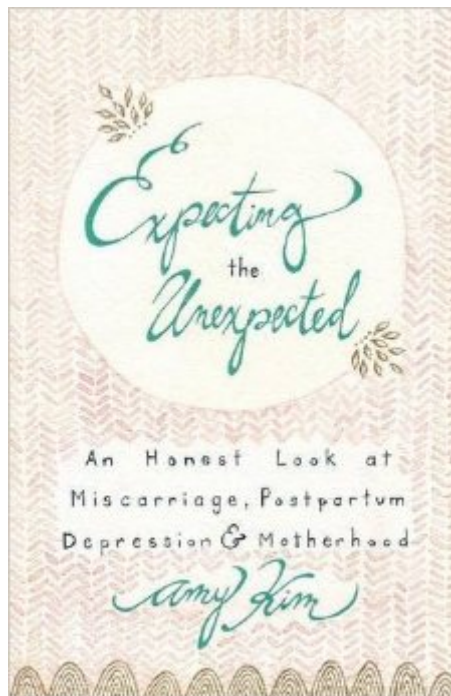


The book was found

Expecting The Unexpected: An Honest Look At Miscarriage, Postpartum Depression & Motherhood



Synopsis

Like most mothers, Amy Kim believed that having a baby would be one of the most exciting and happiest experiences in her life. In many ways that has proven true. But between trying to conceive and becoming a family of four, she never could have predicted having to endure a miscarriage and postpartum depression, in addition to the many other obstacles inherent with motherhood. However, she also was unable to imagine the incredible support she received along her path, and the immense outpouring of love she never knew she could feel for two tiny babies.

Book Information

Paperback: 204 pages

Publisher: Eurydice Press (April 10, 2015)

Language: English

ISBN-10: 0989841820

ISBN-13: 978-0989841825

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,898,582 in Books (See Top 100 in Books) #84 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #2756 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #3149 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#)

Customer Reviews

Last Fall I was asked by my buddy, Amy Kim, to review her upcoming book, *Expecting the Unexpected: An Honest Look at Miscarriage, Postpartum Depression & Motherhood*. I eagerly agreed. I read through the manuscript in one sitting - on a flight and in an airport. I gobbled up her words through stifled chuckles on the plane and wiped away tears in an airport terminal. For years Amy and I shared parallel journeys. I struggled through the darkness of infertility and Amy braved the depths of a miscarriage and postpartum depression. As ambitious career women and adoring wives I don't think we both anticipated the journey toward or into motherhood being so difficult. So many of the public stories told are of positive pregnancy tests, growing baby bumps, and sweet smelling babies who breast-feed without an issue. That wasn't either of our experience. Over the years I watched Amy's journey in real life and online as she bravely, publicly, and appropriately shared her stories at the right times. Amy was authentic and courageous in her own pain. And she

was committed to getting through it, not stuck in it. I remember going to a book reading and signing of *Cold Tangerines*, written by my old friend, Shauna Niequist. That was over 4 years ago. Amy was in the middle of a searing loss and I was smack dab in the center of a seemingly never-ending adoption process. We'd both read Shauna's book and it spoke deeply to us both. We needed that night together. Fast forward all these years later. We have 5 kids between our two families and it looks so "happily ever after". But sometimes the end of the story isn't as good as the middle part. The middle part is the part that breaks us down, strengthens us, transforms us, and shapes us into the people (not just mothers) we need to be. That's what Amy and my journey into motherhood did - and is DOING - for both of us. I know this book will be a gift to the women whose journey into motherhood isn't all fairytales and roses. I know you'll enjoy it like I did!

I loved that this book was from such a real perspective and didn't sugar coat anything about motherhood! The struggle of "mommy guilt" and the constant competition with other mothers is hard enough without adding PPD on top of it! It's so refreshing to read someone else has struggled with all the same thoughts and feelings as I have, and has come through it battle weary but with humor intact! I highly recommend this book to any new mom who is wondering if there is something wrong with them because they don't feel like motherhood fits like a glove immediately! This book is a testament to the fact that it really does get better!

As a mom, I found this book to be refreshing. Amy has an ability to articulate the joys and pains of motherhood as it is, without any fluff! I found myself laughing out loud one second and moved to tears the next second. I loved this book and would recommend it to any mom (whether or not has experienced a miscarriage or ppd).

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