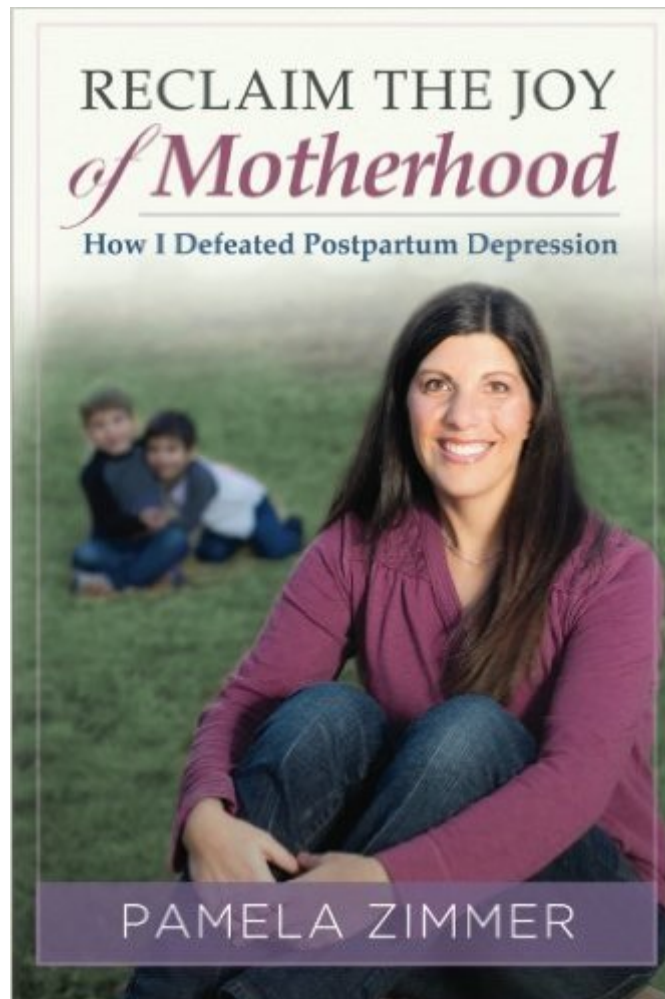


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# Reclaim The Joy Of Motherhood: How I Defeated Postpartum Depression



## Synopsis

My name is Pamela Zimmer, and I beat Postpartum Depression. It was a long, hard journey, but I did it. And I have one message for you, whoever you are: Everything's going to be okay. For one in five women, the joy of motherhood is a mirage that seems further away with every step you take toward it. Postpartum Depression (PPD) is the #1 complication of childbirth, yet millions of women suffer through it alone. You are not alone! And no matter how it feels, you are not to blame. I am a mother, a wife, a sister, a friend, and a #1 bestselling author. I am an expert in PPD and a mentor to women. My heart is open to you. I have been where you are, and I'm here to offer you honesty, hope, and happiness. This is the book that I wish I had while fighting my own battle. In these pages, I share the story of how I defeated PPD, and how you can too. This book offers hope and healing, and a practical pathway to happiness for anyone going through PPD. It also offers insight for family and friends seeking to understand what their loved ones are going through. Let my experience become a source of strength and wisdom that will help you find your way out of the darkness. Join me on my journey, and reclaim YOUR joy of motherhood!

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,880,858 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #3119 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#) #7788 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

Even as a "non-mom" I will say that by time I closed the book, tears were rolling down my face from the beauty & inspiration of Pamela's story. What also stood out for me about this book is how completely honest she was about her experience. No apologies or disclaimers... she just tells her story from her heart and gut. Wonderful read for moms, anyone suffering from PPD (or their

family/loved ones)... and really anyone who wants to be inspired by the strength of the human spirit.

I love this book. It is open and honest about what it feels like to go through PPD, and it offers a pathway out of the darkness for women who might otherwise stay lost for too long. Pamela Zimmer's story is inspiring and touching. This book has an important message, too. So many mothers go through serious depression and feel like they are alone, but this book makes it clear that PPD is very common and nothing to be ashamed of. This will save lives! Read it, share it, buy it for a friend or for your pediatrician... Highly recommend.

This book is a must read for anyone who is pregnant, looking to become pregnant, has suffered through postpartum depression, and also for the partners of those mentioned! I WISH I would have had this book to help guide me through the suffering of severe postpartum depression that I had with my first child. Pamela not only takes us through her struggle, but gives guidelines on how to gauge symptoms, as well as risk factors associated with postpartum depression. A must have book!

The story, experiences and strategies that Pamela shares in this book will help many women. It is well-written, easy read and one of hope and happiness. I highly recommend it!

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