

Book Summary

Short:

When Postpartum Packs a Punch is about women and men who face postpartum trauma and suffering, and rebound with messages of hope and help for others who tread similar paths.

Long:

When Postpartum Packs a Punch explores stories of birth trauma and perinatal mood disorders, and offers solace. At its core, the book is a chorus of different voices—parents, experts, and researchers—singing the same song: While the U.S. has improved its approach to perinatal mental health, we still have far to go. Perhaps the biggest hindrance to progress is stigma. It can silence sufferers and blind those on the sidelines. One of the strongest antidotes for stigma is story, something the book employs to encourage and enlighten readers.

Hatched from the author's own encounter with a traumatic birth and postpartum depression, the book weaves together her story with those of other parents, and uses the stories as a balm to help heal and stir hope. There's a special focus on how men are affected by PMADs, and on how other countries handle perinatal care. The stories represent diverse backgrounds and perspectives that underscore the prevalence of mood disorders after childbirth. They show how an overcoming spirit can fight terrors of the mind, and win.