



Sleepless Days: One Woman's Journey Through Postpartum Depression

Susan Kushner Resnick

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Sleepless Days is a brilliantly written, haunting memoir of one mother's encounter with postpartum depression. It is a story for the other 400,000 women who are afflicted with PPD each year and are desperate for reassurance that others have felt their despair and recovered. It is a compelling narrative for anyone who has ever watched helplessly as a vulnerable woman fought against the weight of this mysterious disease.

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