



I Gave Birth to My Heart: A Collection of Poems about Motherhood, Reimagined (Paperback)

By Lcsw Ashley Hanna Morgan

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I never expected to get Postpartum Depression and Anxiety. As a licensed clinical social worker, I thought I knew all about depression. I treat people with depression. Surely knowing what it is and how to treat it will prevent me from getting it, right? But expectations are tricky little things with surprisingly inaccurate predictions of the future. Because it is dubbed the smiling depression and because people who have not been through it often wonder, what are parents so sad about after they have a baby? I wanted to draw back the curtains and give readers a glimpse into what recovery from Postpartum Depression and Anxiety actually feels like in this collection of poems. With or without Postpartum Depression, if you have had children and experienced the breaking down of your life and rebuilding from the ground up, you will find yourself in some of these lines of verse. If you have gone through infertility or the loss of a child through miscarriage, stillbirth, illness, or making an adoption plan for your baby, these poems reveal a process through grief and loss....



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