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Down Came The Rain: My Journey Through Postpartum Depression



Synopsis

In her bestselling memoir, now in paperback, Brooke Shields shares with the world her deeply personal experience with postpartum depression. When Brooke Shields welcomed her newborn daughter to the world, her joyful expectations were quickly followed by something unexpected--a crippling depression. In what is sure to strike a chord with the millions of women who suffer from depression after childbirth, Brooke Shields shares how she, too, battled a condition that is widely misunderstood, despite the fact that it affects many new mothers. She discusses the illness in the context of her life, including her struggle to get pregnant, the high expectations she had for herself and that others placed on her as a new mom, and the role of her husband, friends, and family as she struggled to attain her maternal footing in the midst of a disabling depression. Ultimately, Brooke shares how she found a way out through talk therapy, medication, and time.

Book Information

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Customer Reviews

I got this at the bookstore one afternoon and finished it the next day. My husband is now reading it, because Brooke does a fantastic job of putting into words much of what I felt after the birth of my son, but was unable to explain clearly to others. She pulls no punches, and is brutally honest about her thoughts of disconnect from her baby, her anger at family and friends for not getting it, and even her thoughts of suicide. But what she does best is show the help that is available, so that no mother should ever have to feel alone and hopeless. This is a book for every parent-to-be, so they are prepared for the possibility; for every family member or friend who will be in frequent contact with a

new mother, so they might recognize the problem before it gets out of control; and for anyone who has ever wondered 'Can it really be all that bad?' Yes, it can, yes, it is, and yes, there is help and hope.

I applaud Brooke for writing this book because thousands of women suffer just as she did. They need to know they are not alone, and that they will get well with treatment. A common misconception is postpartum depression is a "natural result" of birth. Not so! It is a deadly serious illness but is also very treatable. I lost my daughter to PPD 5 years ago and have spent my life since losing her trying to educate the public with accurate PPD facts so that others don't die unnecessarily. For the most part, Brooke's book has done a good job of giving good information. Anyone who confuses postpartum depression with baby blues or just being a little down after childbirth is deadly wrong. And anyone who condemns a woman for symptoms over which she has no control is grossly ignorant. (...) Helena Bradford
The Ruth Rhoden Craven Foundation for Postpartum Depression Awareness.

I borrowed this book from my sister who went through TERRIBLE post partum depression. The writing in the book wasn't the greatest (there was too much repetition), but still I think the book is about an important subject. My sister chose to use the anti-depressant Paxil, to help her through her depression. My sister says that Paxil made all the difference in her being able to think and function and not suffer so much. Now she is tapering off the medication under a doctor's watchful eye and is continuing to get better. However my sister and I both know a lady who took an anti-depressant and it did terrible things to her. The bottom line is this: what works for one person isn't going to work for another. Some people really need and really benefit from medications, while others do simply need vitamins and exercise. It is not all black and white. I think Brooke Shields did a good service by writing her book because of all the awareness she has helped to create. The comments of what an untalented actress she is are really senseless because that is not what the book is about. So what if she isn't a talented actress - her book is only about post partum depression. Even if it's helped bring her fame in her difficult career, that is also beside the point. Anybody, who shares their experience and helps bring awareness to a problem that many people suffer, help to educate society.

While reading this graphic biography of a year or more in Brooke Shields life, I was moved with enormous compassion. She admits she had an ideal life. A caring husband and after a painful miscarriage, a chance for new life through I.V.F. Innocently, Chris, her husband, and Brooke

prepared to be alone the first week to bond with their new baby girl. This proved to be more difficult than they had anticipated. The newborn baby, Rowan, required breast feeding every 90 minutes. Brooke's body had not fully recovered from a traumatic birth resulting in a C-Section, and she lacked sleep. In short order both parents felt over their heads. Brooke was unable to feel lovingly toward her baby and was frightened. Then, unbidden images and frightening thoughts came rushing into her head, leaving her afraid to be alone with her little daughter. Her husband, Chris, also worried, which made Brooke upset and apologetic for her serious postpartum condition. She finally revealed her circumstances to her gynecologist and gets the so necessary help. Slowly, with antidepressant medication, and a trained nurse she begins to mend. Brooke acknowledges both the physical and emotional help she needed to overcome this awful disorder, that wrecks havoc in a woman's life and soul. Due to Brooke's high celebrity status, I think this book will help other mothers to have the courage to come forward when they have these hormonal symptoms. Perhaps, due to Brooke's unwavering honesty, she will have saved another woman's or child's life, for telling what severe postpartum was all about. Thank You Brooke-You are a courageous woman.

I bought this book after giving birth to my twins when I found myself battling postpartum depression. I thought I was a terrible person and horrible mother for feeling and thinking the way I was during that time. This book helped me understand the gravity of what I was trying to deal with and helped me to understand that it wasn't my fault and helped me to reach out to my family and friends to ask for the help I needed. It's been ten years since I read it and it still sticks with me. It was beautifully written and touching. A lifesaver when I was lost at sea. I would recommend this book to anyone who is expecting, or has recently given birth and may be experiencing depression when they feel like they should be filled with joy.

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