

**Mothering Through The Darkness: Women Open Up
About The Postpartum Experience By Stephanie
Sprengr, Jessica Smock**



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I'm thrilled to have an essay in this anthology, Mothering through the Darkness: Women Open up about the Postpartum Experience, which is

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Mothering Through the Darkness: Women Open Up About the Postpartum Experience. Edited by Jessica Smock and Stephanie Sprenger; She

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"Mothering Through the Darkness: Women Open Up About the A Baltimore County mom shares her experience with postpartum depression.

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Lea grover – mutha magazine

What She Said Then, What We're Saying Now, and Mothering Through the Darkness: Women Open Up About the Postpartum Experience.

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two anthologies, with a third, *Mothering Through the Darkness: Women Open Up About the Postpartum Experience*, to be released in November by She Writes

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April 2015 – writing at the table

Spring is for cracking open the chrysalis, sliding out of the cocoon, and letting the sun warm your skin. .
Mothering Through the Darkness: Women Open Up About the I believe this book will help de-stigmatize postpartum pain, and from my co-contributors, and glean wisdom from their experiences.

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Our very own Denise Emanuel Clemen was recently published in “*Mothering Through the Darkness: Women Open Up About the Postpartum Experience*.”

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What happens to a woman's brain when she becomes a mother

From joy and attachment to anxiety and protectiveness, mothering behavior begins so many new mothers experience serious anxiety and depression. An estimated one in six women suffers from postpartum depression, and many of a mother's brain will light up, scientists have found in several studies.

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