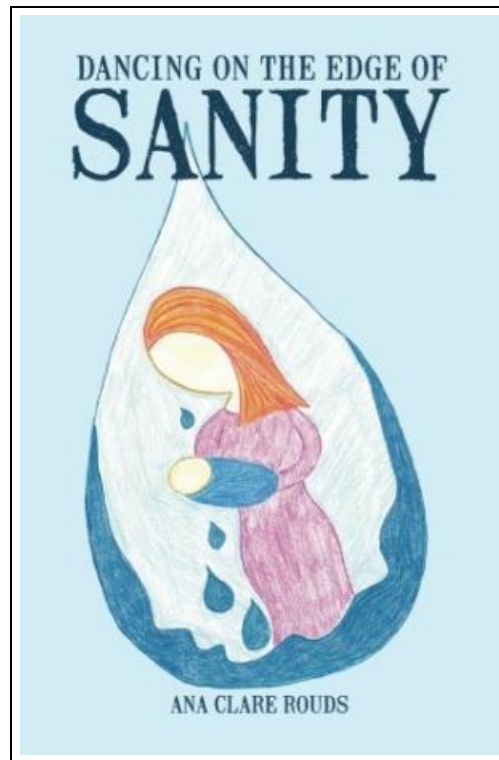


## Dancing on the Edge of Sanity



Filesize: 9.02 MB

### **Reviews**

*The publication is great and fantastic. I actually have read through and i am sure that i am going to planning to go through yet again yet again down the road. I realized this pdf from my dad and i encouraged this publication to understand.*  
*(Jamarcus Runolfsson)*

## DANCING ON THE EDGE OF SANITY



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 320 pages. Dimensions: 8.4in. x 5.4in. x 1.0in. I am going crazy, I thought. I need to sleep, but I cant. This is awful. This is the worst feeling in the world. Is that John Did I just hear John Hypersensitive to every sound in the house, I wasnt sure if I was truly hearing John or simply hearing other noises. He had been crying for so long throughout the day, it was as if the memory of the cry were still ringing in my ears, even if he wasnt crying at that moment. I didnt want to hear any noises from within the house, the house that had begun to feel as small and constricting as a shoebox. Ana Clare Rouds, author of the gripping memoir *Dancing On the Edge of Sanity*, shares her painfully honest journey through the dark labyrinth of postpartum depression and anxiety. Readers will find a friend in Rouds as they explore this engaging tale of early motherhood, maternal mental health and recovery. Rouds has wonderful friends, a supportive family, and a healthy newborn boy. Everything around her indicates that life should be just about perfect. However, soon after the birth of her son, Rouds begins to experience severe panic attacks, anxiety, and obsessive thoughts. These rarely discussed symptoms of a postpartum mood disorder lead her to seek help at her local hospitals emergency room, where her symptoms are grossly misunderstood. While some information about postpartum mood and anxiety disorders has become more available to new mothers, and to those who are in the position of supporting their loved ones who may be affected by it, each case of this disorder can showcase vastly different symptoms. Sleep deprived, insecure about her mothering skills,...



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