



A Mind Held Hostage: An Honest Account of One Woman's Battle with Postpartum Depression

Jackie Lynn Stone

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No one can predict who or why postpartum depression will strike. I was a happy thirty-year-old new mother who went to bed one night feeling on top of the world only to wake up the next morning wanting to end my life. This is my candid story of my personal battle with postpartum depression, the struggles of marriage, new motherhood, and my journey to find myself and reconnect with the one person I thought I had lost forever...my son. I wrote this book for new mothers and their families as a companion and to help them realize that there is a light at the end of the tunnel...and it is not an oncoming train. With the support of her family she will not only regain her old self back, but a brand-new self will emerge...one which is firmly rooted in the strongest bond of all...that of mother and child.

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