

Eyes Without Sparkle

a journey through postnatal depression

Emma A. Hughes

with illustrations by Julie Hill and David Gray Smith



Eyes Without Sparkle A Journey Through Postnatal Illness

S. Elizabeth Robson, Jason Waugh



Eyes Without Sparkle A Journey Through Postnatal Illness:

Eyes Without Sparkle Elaine A. Hanzak, 2005 Is a powerful medical autobiography describing the journey followed by the author into through and out of puerperal psychosis the most severe form of postnatal depression With vivid and intimate description of events and the author's feelings this is the only book offering a single first hand account of postnatal illness

Cover *Another Twinkle in the Eye* Elaine Hanzak, 2017-09-06 Another Twinkle in the Eye is an essential guide for anyone contemplating another pregnancy after perinatal mental illness The decision to bring a child into the world is rarely one that is taken lightly When a previous pregnancy and early parenthood has resulted in poor maternal and or paternal perinatal mental health making a conscious decision to have another baby can be even more challenging This unique book provides facts resources and discussion points to support people in making informed and comfortable decisions It is also an essential resource for health professionals who support or are involved in the decision making process of couples planning another pregnancy The author combines personal experience with real life stories from other parents Also included are contributions from healthcare professionals The book offers comprehensive coverage across five key areas Reflection on the previous pregnancy miscarriage or stillbirth Decisions to be made when considering another pregnancy Ways to plan for and to have a healthier experience The role of healthcare professionals and facilities and Self help and complementary techniques for good mental health in the perinatal period

Modern Management of Perinatal Psychiatric Disorder Carol Henshaw, John Lee Cox, Joanne Barton, 2009 This book provides both trainees in perinatal psychiatry and the generalist who wishes to know more with an up to date overview of the subject In addition it is a useful resource for other professionals working in the field such as nurses psychologists obstetricians midwives and health visitors The chapters address historical and classification issues the management of both new onset and existing mental disorders including substance misuse presenting in pregnancy and the postpartum period prescribing and physical treatments during pregnancy and breast feeding Also covered are issues for children and families screening for and prevention of mental disorders in relation to childbirth service provision and transcultural issues

How Sadness Survived Paul Keedwell, Philip Barker, 2008-01-20 What I am offering is a critical overview of ideas about depression some new some old which fall under the discipline of evolutionary psychology EP Do most types of depression represent an adaptation an evolved mechanism which has improved our survival and reproductive value in our ancestral environment Has depression been selected Coul

Medical Disorders in Pregnancy S. Elizabeth Robson, Jason Waugh, 2013-02-04 Praise for the 1st edition This book is a must have for any midwife particularly those working in the community clinics and in high risk areas This book is an extremely useful reference tool MIDIRS Midwifery Digest The important facts are laid out concisely primarily focusing on management using evidence based guidelines for best midwifery practice RCGP Journal Medical Disorders in Pregnancy A Guide for Midwives 2nd edition clearly outlines existing and pre existing conditions which women can experience during pregnancy This comprehensive and practical handbook

identifies issues for pre conception care defines the condition explores possible complications outlines recommended treatment and emphasizes specific midwifery care This fully revised and updated edition of Medical Disorders in Pregnancy A Guide for Midwives builds on the success of the first edition by covering more subjects It includes physiology more illustrations and algorithms and its accessible reference style text enables information to be quickly and easily found Special Features A practical guide on medical disorders written specifically for midwives Jointly written by medical and midwifery experts in the field Accessible reference style format makes information easy and quick to find Emphasis on inter professional working

Primary Child and Adolescent Mental Health Quentin Spender, Judith Barnsley, Alison Davies, Jenny Murphy, 2019-01-22 Rewritten with the new primary care environment in mind this greatly expanded and updated edition of Child Mental Health in Primary Care extends the structured approach of the first edition to adolescent mental health As in the first edition Primary Child and Adolescent Mental Health covers each problem in a uniform way offering definitions assessment outlines detailed management options and indications for referral Numerous case examples further illuminate aspects of many conditions Comprehensive and practical the forty eight chapters of Primary Child and Adolescent Mental Health cover the full range of difficulties and disabilities affecting the mental health of children and young people The book is divided into three volumes and can either be read from cover to cover or used as a resource to be consulted for guidance on specific problems This book is vital for all healthcare professionals including general practitioners health visitors and other staff working in primary care to assess manage and refer children and adolescents with mental health problems School medical officers social workers and educational psychologists many of whom are in the front line of mental health provision for children and young people will also find it extremely useful Reviews of the first edition This very comprehensive and detailed book provides the tools for primary care health professionals not only to assess a child s needs but in many cases also to implement an initial package of care JUST FOR NURSES I have no reservation in recommending the book to all people working with children and families in any capacity An important training text for a variety of professions A very effective text to be used in daily practice for quick reference CHILD AND ADOLESCENT MENTAL HEALTH This book is well produced and clearly written A useful book for anyone interested or involved with children FAMILY PRACTICE I looked through the book again and again but could not find anything missing NURSING TIMES **BMJ**, 2008 **The Lancet**, 2005 *Saving Grace* Grace Sharrock, 2010 A harrowing insight into Puerperal Psychosis The effect it had on Grace her daughter and her family and friends A must read for Women everywhere **From Darkness to Dawn** Marcia Orcutt, 2017-01-13 In this heart wrenching memoir of postpartum depression Marcia Orcutt describes from her heart what her life was like during her struggle with despair and darkness She shares her unspeakable thoughts fears and actions during these years She breaks the silence and isolation of this disease As many as one million women a year suffer from this horrific illness in the United States alone yet only 15 percent get treatment according to the Centers for Disease Control

Read and discover how she finds the strength to overcome this debilitating and often misunderstood illness Where does she find the strength to embrace the darkness How does she come out the other side Marcia is not alone in suffering from this most common complication of childbirth Hope for recovery is possible She knows She lived it Take the journey with her

Down Came the Rain Brooke Shields,2005-05-03 In this compelling memoir Brooke Shields talks candidly about her experience with postpartum depression after the birth of her daughter and provides millions of women with an inspiring example of recovery When Brooke Shields welcomed her newborn daughter Rowan Francis into the world something unexpected followed a crippling depression Now for the first time ever in Down Came the Rain Brooke talks about the trials tribulations and finally the triumphs that occurred before during and after the birth of her daughter **Twenty-Four**

Latricia Banks,Kenneth Scott,2022-02-16 At 20 years old I felt as if I was cursed I was angry depressed and questioned God Why me When I was diagnosed with my illness I was a single mother and felt that my life was over I had constant doubts day in and day out trying to figure out how I would be able to support my child financially physically mentally and emotionally I went through pain sacrifices struggle and heartache dealing with my illness I would lie there in my bed wanting to give up on days and nights but I couldn't because there was a little person right next to me looking up at me smiling who depended on me I had faith that I would get through it one day and I did it turned out to be my biggest blessing All I can do is look up to the sky smile point upwards and say But God Because if it weren't for my faith I wouldn't have gotten through God doesn't put any more on you than you can bear He gives His most challenging battles to His strongest soldiers I never knew I had a story until now but you have a story if you have a testimony I hope that my short story will help and encourage others to keep fighting within their journey strengthening you to overcome your situation and not give up I have overcome the obstacles placed before me that's why I am a strong person today I know that everyone's different and everyone's circumstance is too So please don't do the things I have done because they may not work for you This book is my story and My Life's Journey through Being a Mom Lupus and a Kidney Transplant I am a soldier and a survivor you are too 24 *Almost Me* Quraisha

Dawood,2020-09-06 *Almost me* by Quraisha Dawood is a journey through miscarriage postpartum depression and motherhood Preface The idea for this book did not come to me in a moment It was gathered over time slowly etching itself into being much like the beginnings of life described at the start of Chapter 18 of the Qur'aan From the depths of one's soul to a heartbeat to love and loss to becoming the woman I am I remember these verses from Arabic class that moment when my teacher explained the meaning to us For some reason it stuck with me Life really does come full circle sometimes Anyway I suppose this book started much like that in stages and I am now at the stage where I can talk about my story Through this journey filled with pain heartbreak moments of joy and anger I have had to relearn who I am somehow learn to love myself and not let anyone try to unnerve me I am still learning My hope is that you feel less alone find some understanding or even laugh at my silly moments Thank you for reading and being patient with me Review Quraisha succeeds in taking us into her

confidence as she recounts with sharp unflinching detail the anguish of miscarriage and the blight of post partum depression. These are honest reflections on loss, grief, and the emotional and spiritual disconnects that so often underpin motherhood and the lead up to it. It will resonate deeply with anyone grappling with fertility and the questions around what having children means to their own experience of womanhood. Quraisha documents her emotional reactions with precision; we live through all her dejections, her triumphs become our own. This is the kind of sincere self-exploration that demands to be amplified. It is only in writing that which is not spoken about enough that we will all feel less alone. Saaleha Idrees Bamjee, Zikr Foreword.

Almost Me is a raw, unfiltered and much-needed book for mums and dads to read. It breaks barriers of what motherhood is and what mums are expected to be. I love that Quraisha shares real-life experiences, and I know many mums will relate. Postnatal depression is very real and very much a taboo subject in our community. Many mums experience the trepidatious journey of pregnancy after loss; myself included. Mental health is so greatly highlighted in this book, and I hope that this gives mums the courage to seek out professional help. The moment a child is born, so is a mother. She never existed before. The woman existed, but the mother never. A mother is absolutely new. Sumaiyya Karim, Mothers Intuition.

I Am Mom Meera Mehta, 2025-09. I Am Mom is a powerful true story that begins not with a happy ending but a new beginning, a long-awaited pregnancy after fertility treatments followed by a harrowing labor that leaves body and mind deeply shaken. What unfolds is a raw, unflinching journey through postpartum depression, identity shifts, and the invisible battles of new motherhood. From the shock of caring for a tiny human while feeling completely undone to the quiet strength required to heal when no one sees you're hurting, this story is as honest as it is hopeful. Through exhaustion, isolation, and the fragile climb back to self-love, I Am Mom speaks to every woman who has fought to bring life into the world and is now learning how to care for both her child and herself. May this story remind you becoming a mother isn't just about giving life; it's about rediscovering your own.

Eyes Without Sparkle A Journey Through Postnatal Illness Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Eyes Without Sparkle A Journey Through Postnatal Illness**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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