

Down Came the Rain: My Journey Through Postpartum Depression

By Brooke Shields

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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.

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Editorial Review

From Publishers Weekly

In 1980, when she was 15, Shields starred in *The Blue Lagoon*. In the movie, her character accidentally becomes pregnant, and when her son is born, he intuitively finds his way to her breast as Shields looks on with love and contentment. The irony of this scene isn't lost on the grown-up Shields, who not only did not become pregnant accidentally—numerous IVF cycles and a miscarriage preceded the 2003 birth of her daughter—but suffered a devastating aftermath to that birth. "I was in a bizarre state of mind," Shields describes, "experiencing feelings that ranged from embarrassment to stoicism to melancholy to shock, practically at once. I didn't feel at all joyful." Shields assumed she'd bounce back in a few days, after resting from her difficult labor. Instead, her feelings intensified: "This was sadness of a shockingly different magnitude. It felt as if it would never go away." While Shields denied anything was wrong, the persistence of friends and her husband persuaded her to seek treatment through medication and therapy. This brave memoir doesn't shy away from Shields's most difficult moments, including her suicidal thoughts, clearly showing the despair postpartum depression can wreak. While the writing is sometimes repetitive and clichéd, it does emphasize the depth of Shields's depression. This tale will bring awareness of a problem that so many mothers have been afraid to discuss; look for this book to touch off a flurry of lifestyle pieces.

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Review

"This inspiring story offers hope to the many women suffering from this illness, as well as to their families."
-- *Shari Lusskin, M.D., FAPA, Director of Reproductive Psychiatry, Clinical Assistant Professor of Psychiatry and Obstetrics and Gynecology, New York University School of Medicine*

About the Author

Brooke Shields has starred in many feature films, including *Pretty Baby*, *Blue Lagoon*, and *Black and White*. She earned critical acclaim on Broadway for *The Vagina Monologues* and *Cabaret*, among other shows. She earned a People's Choice Award and a Golden Globe nomination for Best Actress in a Comedy Series for *Suddenly Susan*. Brooke continues to lend aid to issues involving children's welfare and education, and has established Hands of Change, an organization which benefits young women.

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