



# Out of Me: The Story of a Postnatal Breakdown

*Fiona Shaw*

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## **Out of Me: The Story of a Postnatal Breakdown Fiona Shaw**

Fiona Shaw has a loving husband, a dream cottage in Yorkshire, and has just given birth to her second child. Ten days later she is hospitalized in a psychiatric unit for severe postnatal depression. In this powerful memoir she describes how the "Baby Blues" suddenly developed into something much more serious, and recalls the months of despair which nearly destroyed her. She eventually emerged from the nightmare and produced this startling testimony and regained control of her life and triumphed over the past.



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