



# Behind the Smile: My Journey out of Postpartum Depression

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More than one out of 10 new mothers experience post-partum depression (PPD), yet few women seek help. After Marie Osmond, beloved singer and TV talk show host, gave birth to her seventh child (four of her children are adopted), she became increasingly depressed. One night, she handed over her bank card to her babysitter, got in her car, and drove north-with no intention of returning until she had emerged from her crisis. After she went public with her own experiences with PPD on *Oprah* and *Larry King Live*, the response was overwhelming. Now collaborating with a doctor who helped her through her ordeal, Marie Osmond will share the fear and depression she overcame, and reveal how she put it all behind her and is moving on with her life.

## Behind the Smile: My Journey out of Postpartum Depression Details

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# **From Reader Review Behind the Smile: My Journey out of Postpartum Depression for online ebook**

## **Mommywest says**

Okay, I'll admit I have a bit of a fascination with the Osmond family. They have talent and faith, and are a big, happy, close family. I remembered that Marie had written this book when I was reading something about her in a recent newspaper, and I decided to read it, not only because I was interested in her journey, but also because I have struggled with some form of postpartum depression a few times myself. I appreciated Marie's candid description of her struggle, as well as the factors that contributed to her condition. I think this book would be helpful for any woman who has struggled or is struggling with postpartum depression. Marie's doctor also wrote an interesting section that has naturopathic healing tips. This doctor helped her to see that many of the things we do as Americans contribute to more women suffering from this condition. Other cultures take better care of pregnant and postpartum mothers, which contributes to better healing and adjustment after birth. Overall, the book is filled with Marie's fun humor, as well as encouragement that healing and hope can be found, and that sufferers don't need to suffer alone.

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## **Audrey says**

I thought this was a really great book! It's wonderfully refreshing to read about the problems that face women postpartum without having an attached stigma. I found it to be wonderfully helpful and enlightening.

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## **Beth says**

I like Marie Osmond pretty well and enjoyed hearing reading this autobiography. She has a sense of humor, so her story was funny despite the somber topic. I think it was good for me to gain more of an understanding about postpartum depression. New moms need so much support, and it's funny how just some companionship, help, and permission to "take it easy" can thwart this type of depression.

I debated whether I should even read the last part of the book, which was written more like a research guide, but I skimmed through it, anyway. Then I tried not to feel guilty for my diet because I sure don't eat like a "nursing mother" should (whole grains, five vegetables a day — not counting lettuce, fruits). Totino's Party Pizza is missing from that list, strangely enough. Hmm.

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## **Jenny says**

I have a hard time giving memoirs 1 or 2 star ratings. It always feels like I'm giving the person themselves the rating- but that's not the case. It's the story that's getting the review. A wonderful person with incredible experiences can tell a story well- or not.

So. I think Marie Osmond is a great person and I am so glad that she talked to Oprah about PPD and helped increase awareness of the disease.

But this book isn't a winner. There's some funny humor sprinkled here and there. A peek at the crazy over-scheduled life of an entertainer. And a very "whoosh" talk about depression (It's hard. We all have issues. I had a tough time. Then I saw a doctor and drank a bunch of green juice. Now I'm glad I'm better). The section from the doctor was.... meh... very over-simplistic. If only treating PPD were as simple as measuring hormones and then doing a simple supplementation.

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### **Jenny says**

Good information about PPD, especially the last section written by Marie's doctor. Otherwise it is a jumbled memoir of Marie's life. This is definitely a topic that needs to be out in the open and discussed more among women. Been there, done that (doing it...) with PPD, I hope it is something I can help support friends with in the future.

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### **Jessica says**

My mom gave this to me when I crashed with post-partum depression. It actually cheered me up because I thought, If someone with two nannies, an assistant and a housekeeper can freak out, why then, I don't feel as ridiculous! To be honest, though, the book is a big catalog of Marie's complaints: she gained too much weight, couldn't lose it, her husband was always gone, no one understood her, sniff sniff. The real problem here, I thought, was that she never told anyone how she felt . . . ever, until finally she couldn't take it anymore and cracked. If she had shared her feelings with her family, with her husband, they might have helped her earlier on. But no, she just slathered on more lipstick and gave everyone the Osmond smile all the time. (I blame her parents, really.)

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### **Holly (2 Kids and Tired) says**

I didn't struggle with Postpartum Depression after either of my pregnancies, but I still found that I could relate to Marie's story. So often women struggle with keeping it all together and we try and do it ourselves. And, unfortunately for Marie, she was raised with the ideas of "grin and bear it" and "the show must go on at the expense of yourself". Whether you struggle with diagnosed depression or not, that attitude is not healthy. There is nothing wrong with talking about our fears and issues and getting help if necessary.

I appreciated how she talked about the importance of taking care of yourself, and her interest in nutrition/natural healing as well as allopathic.

An insightful book, and definitely useful for women of child-bearing years.

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## **Daniel Stern says**

Hard to believe that someone so gifted could suffer from depression, post partum or otherwise. Yet that is the story shared by Marie Osmond. The world saw her smile, sing, dance, act and host shows with her talented brothers. She appeared to be on top of the world as she embraced marriage and motherhood. Yet behind the professional smile and demeanor was pain and unhappiness. She writes the book to help other women who suffer similarly and who are unable to articulate their feelings. There is a surprising chapter on the abuse she experienced, and has identified as a causative factor in her own depression. Writing the book was cathartic for Ms. Osmond. Women and their husbands may likewise gain insight into this illness and how to help each other and their marriage by reading this book. Candid, honest, and revealing.

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## **Hilarie says**

Good glimpse into Marie's PPD. At first I was frustrated with how much background information there was compared with her descriptions of journeying out of it. BUT I am realizing that background information- and events and other stuff before the delivery play a HUGE part in PPD. I'd like to see a PPD book that has more information about how someone worked their way out of it more. This was helpful though.

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## **D says**

I read Marie Osmond's second book a couple of years ago and found it a somewhat quick and interesting read so picked this book up at a thrift store when I found it a few months later. This book, her first, written in 2000 deals mostly with her last pregnancy and the subsequent post-partum depression. Her account of what happened in her life at that time and how she overcame the depression is interesting, but what I found really helpful was the last sixty pages or so of the book, which was written by Marie's doctor, Judith Moore. This part gives a lot of good insight into what causes depression as well as many of the physical symptoms that go along with it. Probably every expectant or new mother should read this part of the book or have this information. It gives natural and herbal remedies that have much the same affect as anti-depressants and also emphasizes the importance of getting to the root causes of depression and not just masking the symptoms with medication. This book was overall better than I expected.

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## **Helynne says**

Marie Osmond is so cheerful and funky, not to mention so busy and successful in a myriad of activities that it is hard to imagine her falling into such a serious depression that she sinks into a closet and cries in despair, then hops into a car and drives purposelessly up the California coast for hours on end. Her story, chronicled so honestly in this narrative, sheds some light on how even the most beautiful and successful people--those who truly "have it all"--can fall victim to debilitating mental distress. Amid a career as a TV talk show hostess with brother Donny, Marie gave birth to her seventh child (her third biological child; some were adopted) at age 40. Shortly thereafter, she felt her life falling apart. As she looks back at a frenetic career that involved TV and radio shows, a doll business, long runs in two Broadway musicals all while being a wife, and sister and daughter in a big family, and a mom to a brood of small children, one begins to realize why this upbeat young woman with a strong religious faith and a ton of family support

could fall prey to serious mental anguish. In fact, after a few chapters, the reader wants to yell, "Marie! Why did you have to take on so much!?! Of course you'll get depressed!" Marie, however, without backing off from her frantic lifestyle, still manages to pull it all back together. Her story is an inspirational one.

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### **Margie says**

I didn't have postpartum depression because I never had kids, but I wanted to gain some perspective on hormones swings and ideas for rebalancing out of whack hormones naturally. It was heart-breaking to read the inner pain Marie went through and I do believe that her being open and honest about her depression and the role progesterone played in it, demystified it for many women who have felt they were going crazy. Hoping everyone who is hit by depression - postpartum or otherwise can find a doctor like Judith Moore who will listen and include natural solutions in her repertoire of healing.

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### **Jane says**

I wish I had read this sooner. Highly recommend.

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### **Melissa says**

Having struggled with PPD after my last child's birth I looked for something I might read to give me some comfort. I can't say I learned anything I didn't know already but I found it wonderful to relate. The thing I liked most about it is the great way she was able to describe the feelings attached with PPD. I would try to convey to family and friends what I was going through when they asked and could not seem to make it understandable. I reverted to reading them a paragraph or sentence out of her book and it seemed to make it home.

Like I said, I didn't learn anything about PPD that I didn't already know, and I didn't learn anything to help get rid of it any quicker, but it did help a lot to cope with it. I would recommend this to anyone who has or is suffering from PPD.

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### **Sera Gray says**

This was a great book. It was really interesting to learn about what the behind-the-scenes parts of Marie's life were as a child star, and seeing how those affected her as she grew up. I felt like her account of her battle with postpartum depression was very brave, and I loved the fact that she is an advocate for getting the word out about PPD and breaking the silence. Another thing I liked about the book was the input from her doctor from a medical standpoint. The one thing that didn't impress me was the obvious bias she and her doctor have against pharmaceuticals and medications for anxiety, depression, etc. The approach is naturopathic, which I'm not criticizing - it just doesn't work for everyone, and there's nothing wrong with pharmaceuticals. Great book, though.

