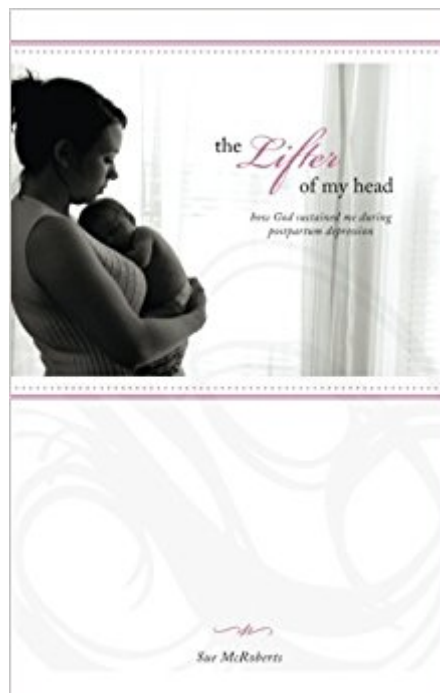




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# The Lifter Of My Head: How God Sustained Me During Postpartum Depression



## Synopsis

The Lifter of My Head offers medical guidance and spiritual insight to women who may be plagued with this disorder. Sue explains in her memoir, the phases of illness, recovery, and the scriptures that sustained her throughout her healing.

## Book Information

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## Customer Reviews

This book interested me after being concerned during my own pregnancy because of the way I was feeling. This book has been a comfort and definitely a God-send because now I know that if necessary getting help is the way to go. There are also tons of scriptures in this book that we really can rest on as promises from God when we are in the valley - true, real promises from God Himself that He breathed (2Tim. 3:16-17). Also, I really like that she points out that many Christians believe that Christians must not be reading their bible or praying enough if they have problems in life, which is simply not true in her opinion and mine. If we didn't have problems, why would God be our strong tower, our Savior, or the tons of other names He is called in Scripture? I firmly believe that in this life we will have troubles, but that Jesus has overcome the world. I would recommend this book to ANY woman, with child or childless - simply because her sentiments relate to those who are not only in PPD, but in depression unrelated to childbirth as well. I have had experience with severe depression and I found this book very helpful.

More of a story though than a self help book. But she is a great story teller and does such a great job

on the audio. I really enjoyed the book and understand the depths of PPD. Would recommend to anyone pregnant.

Sue writes a very personal book as though you are her best friend and she is telling you her advice and situation because she knows that you're in it too... very empathetic and good verses to help bring hope. I am in PPD and it really helped me with the emotional and spiritual side of it all.

HIGHLY RECOMMENDED

Great!

A book about this topic has been desperately needed for such a long time, particularly as tragedies stemming from various postpartum mood disorders pervade the media more and more each day. Sue tells the story of her journey through postpartum depression by interweaving it with the voice of wisdom, the voice of knowledge, the voice of encouragement and the voice of God through His Word. That is one of the most inspiring and true aspects of this book. Sue shares so much Scripture that clearly tells us exactly where God is when we hurt - always by our sides and often carrying us. What I often consider a sign of a great book such as this is the ability to apply the wisdom to any number of life circumstances. For example, reading a book about infertility and loss (Hannah's Hope by Jennifer Saake) after already giving birth to my son taught me so much about the journey I was now on, despite the fact that my infertile days had come to a close. The same can be said of Sue's book. I learned so much that can be so applicable to any dark valley that one may go through. Lean on Scripture and hold on with all your strength, even if by your very fingertips. I also learned much about friendships with Sue, again crying as I recalled how Christ worked through the many types of friends as He carried me through my depression. Sue is also always quick to remind the reader of the resulting growth that comes from walking through a dark valley such as postpartum depression. I was greatly encouraged by this book and inspired by Sue's story and I highly recommend this book. It is a story of encouragement and most of all, a story of hope. There is always hope.

Once I got into Sue's book, I had it read in a flash. She manages to get you completely caught up in the middle of her experience so you don't even realize you're being educated at the same time. Having never had children of my own yet, her experience helped me to be aware of things to watch for and to be sensitive to what others may be going through. As far as the spiritual aspect of the book, I didn't really think it would apply to me since I hadn't experienced PPD, but I appreciated her

down-to-earth advice about how prayer and scripture made a huge difference in her life and how it's different than the legalistic "reading your Bible and praying because you're supposed to" that many of us are familiar with in our lives and churches today. It's given me hope that I can truly get to "know" God through prayer and Bible-reading. . .rather than just learning more about him. Thanks Sue!

This is the first book about PPD authored by a Christian that I've read. While a few parts were a bit repetitious, overall I found it an enjoyable and informative book. I had a touch of PPD when my first child was born. Nothing as severe as the author experienced, but I sure wish I'd known at the time why I felt so awful. That was 15 years ago. I loved some of the issues and emotions the author expressed, like how frustrating it is to have someone give you a pat answer when you are in such pain and how you want to self-isolate. She goes through a rendition of friendship types and who to avoid and who to lean on during PPD. She makes many valid points. The author also commented that it is a physical illness and not just a state of mind. Great information, because it's true. She also made a point about how it effects the whole family and how simply hoping it will go away only prolongs the symptoms. Great advice. In conclusion, the author provides a helpful dose of Bible verses to encourage any reader in the throes of the illness who may feel trapped and hopeless. The verses address particular issues and are a perfect way to end the book.

I am a firm believer that you can never fully understand something unless you've lived through it. After reading this book, however, I feel like I understand PPD as much as I possibly can - having never suffered through it. I can't imagine anyone being more honest or open about their experience than Sue. My first thought after reading it was: There are so many people who need to read this so they know they're not alone. What amazing courage it takes to write the way she did! Thank you, Sue, for writing a book that could save lives.

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