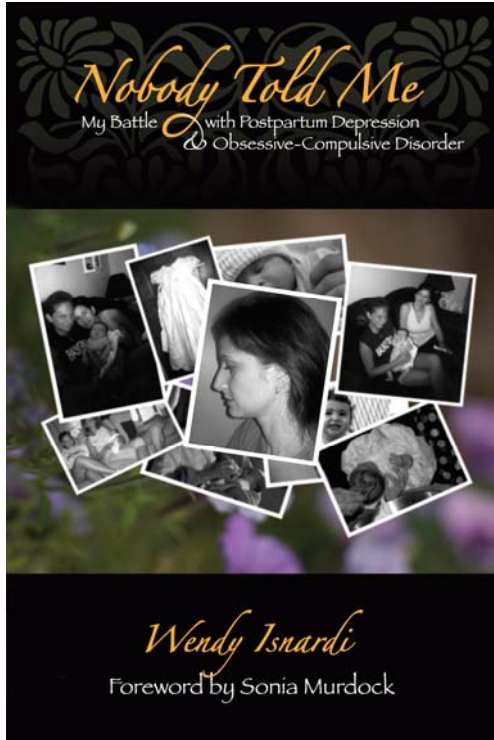


FEATURED AUTHOR

**Wendy Isanardi, author of
*Nobody Told Me:***

My Battle with Postpartum Depression and Obsessive-Compulsive Disorder



About the Book

A pretty house and white picket fence, with a beautiful family is the beginning of every little girls dream. Wendy's story truly begins with the birth of her first child is where, when her life is lived beyond the norms of everyday annoyances, and maybe, beyond some bad parenting or a broken family. This is where she takes hold of adversity and the real Wendy comes to life. Wendy pushed through unspoken walls of postpartum depression and obsessive-compulsive disorder, horrifying thoughts, and debilitating anxiety.

This book is a memoir into a dark corner of childbirth that never seems revealed until it is entirely too late. When you're done with this story you will learn that the love for your child will give you strength beyond anything you could envision. The greatest part of all is that Wendy is just like you and me; she is neither a superwoman nor is she made of steel. She is an ordinary woman backed into an extraordinary circumstance, and she comes out on top. Wendy shows you that if she can do it, anyone can with help and support.

About the Author

Wendy Isnardi lives in Suffolk County, New York, along with her husband and two young daughters. Since the birth of her first daughter, she has been a staunch supporter and volunteer for the Postpartum Resource Center of New York. This is a non-profit agency dedicated to helping women and their families survive their ordeals with depression during pregnancy and depression following the birth of their children. She has dedicated countless time and energy to assure that the center continues to exist and provide the support that women need in order to beat serious mental diseases. She has put fighting women's depression on the forefront of her life with great personal sacrifice.

Testimonials

"In a candid style and with an open heart, Wendy Isnardi invites the reader into the intimate details of her experience with postpartum depression. Enveloped by relentless destructive images and horrifying thoughts, she shares the terror and emotional chaos as she struggled to discover what was happening to her. Nobody Told Me will make you pay attention to the critical importance of risk assessment, and prevention as an essential part of regular prenatal care."

—Diana Lynn Barnes, Psy.D., MFT
The Center for Postpartum Health

"Nobody Told Me either! I hope more and more mothers will add their voices, like Wendy, to the growing chorus of moms who say Nobody Told Me, until we become so loud that the world will wake up and start doing all that is necessary to educate and help new mothers."

—Katherine Stone, Postpartum Progress
<http://www.postpartumprogress.com>