



My Journey to Her World

Michael Lurie

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This book is my story of how I came face-to-face with the devastating illness of depression and in particular postnatal depression, as I witnessed my wife suffer the traumatic effects that victims of this disease are subjected to. By sharing the story of our relationship from first meeting to present day, I hope to enlighten the reader by offering, unusually, the male perspective on postnatal depression and in a wider context, help sufferers to understand the plight of their partner. Being a male, I found it difficult to express my innermost thoughts. Help in the form of documented experiences was largely unavailable, thus my idea of sharing my own story was born. Cathartic and therapeutic at the time, I hope the underlying sentiments will reach many people, as they largely mirror any encounter with mental illness.

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