



Things That Helped: essays (Paperback)

By Jessica Friedmann

Scribe Publications, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Through the tide of hormones surging within my body, and the little runnels of blood, and the sour tang of my breasts, I lay awake, listening, and thinking of breath and of water. I had broken my relationship with sleep. In this stunning collection, Jessica Friedmann navigates her journey through postpartum depression after the birth of her son. Drawing on critical theory, popular culture, and personal experience, her wide-ranging essays touch on class, race, gender, and sexuality, as well as motherhood, creativity, and mental illness. Occasionally confronting, but always powerfully moving and beautifully observed, Things That Helped charts Jessica's return into the world: a slow and complex process of reassembling what depression fractured, and sometimes broke.

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