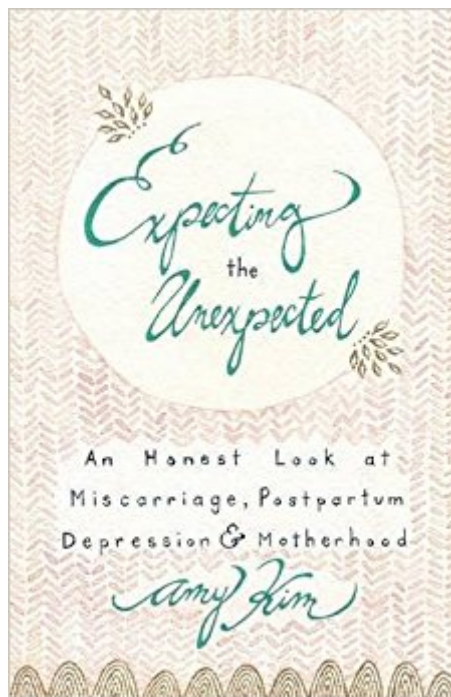




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# Expecting The Unexpected: An Honest Look At Miscarriage, Postpartum Depression & Motherhood



## Synopsis

Like most mothers, Amy Kim believed that having a baby would be one of the most exciting and happiest experiences in her life. In many ways that has proven true. But between trying to conceive and becoming a family of four, she never could have predicted having to endure a miscarriage and postpartum depression, in addition to the many other obstacles inherent with motherhood. However, she also was unable to imagine the incredible support she received along her path, and the immense outpouring of love she never knew she could feel for two tiny babies.

## Book Information

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## Customer Reviews

Grief has a way of either isolating individuals or bringing them together. After my miscarriage and experience with postpartum depression, I was not at all prepared for the waves of grief and despair that followed. There were many days when I thought I would never feel better. And I began searching just about everywhere to see if there were others like me. I was searching for hope, for some sort of good news that things would get better. I began writing as an exercise in breathing and living again. Shared stories and experiences have a unique way of connecting us to one another and reminding us we are not alone. I wrote these essays not only as a way to heal, but also with the hope that others might find some comfort in knowing someone else had a rough start to motherhood, and was made all the better for it.

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documents Amy's journey of becoming a mother, in an honest way one rarely sees in parenting books. She writes with her refreshingly unique wit and sense of humor, making each essay engaging and accessible no matter the subject. Some of the essays you will read in this book are: \* Fertileland (Where it seems everyone you know is pregnant) \* Things to Avoid Saying to a First-Time Mom \* When the Lights Went Out: Postpartum Depression \* A Working Mama's Tale: The Work-Life Balance \* Enter the World of Potty Training ... and many more! Join Amy on her sometimes heartbreaking, often hilarious, and always relatable journey through motherhood. Experience with her the ups and downs, the joys and heartaches, and the need to laugh at herself and her situation as she learns to embrace her new identity as a mom.

I loved that this book was from such a real perspective and didn't sugar coat anything about motherhood! The struggle of "mommy guilt" and the constant competition with other mothers is hard enough without adding PPD on top of it! It's so refreshing to read someone else has struggled with all the same thoughts and feelings as I have, and has come through it battle weary but with humor intact! I highly recommend this book to any new mom who is wondering if there is something wrong with them because they don't feel like motherhood fits like a glove immediately! This book is a testament to the fact that it really does get better!

Last Fall I was asked by my buddy, Amy Kim, to review her upcoming book, *Expecting the Unexpected: An Honest Look at Miscarriage, Postpartum Depression & Motherhood*. I eagerly agreed. I read through the manuscript in one sitting - on a flight and in an airport. I gobbled up her words through stifled chuckles on the plane and wiped away tears in an airport terminal. For years Amy and I shared parallel journeys. I struggled through the darkness of infertility and Amy braved the depths of a miscarriage and postpartum depression. As ambitious career women and adoring wives I don't think we both anticipated the journey toward or into motherhood being so difficult. So many of the public stories told are of positive pregnancy tests, growing baby bumps, and sweet smelling babies who breast-feed without an issue. That wasn't either of our experience. Over the years I watched Amy's journey in real life and online as she bravely, publicly, and appropriately shared her stories at the right times. Amy was authentic and courageous in her own pain. And she was committed to getting through it, not stuck in it. I remember going to a book reading and signing of *Cold Tangerines*, written by my old friend, Shauna Niequist. That was over 4 years ago. Amy was in the middle of a searing loss and I was smack dab in the center of a seemingly never-ending adoption process. We'd both read Shauna's book and it spoke deeply to us both. We needed that

night together. Fast forward all these years later. We have 5 kids between our two families and it looks so "happily ever after". But sometimes the end of the story isn't as good as the middle part. The middle part is the part that breaks us down, strengthens us, transforms us, and shapes us into the people (not just mothers) we need to be. That's what Amy and my journey into motherhood did - and is DOING - for both of us. I know this book will be a gift to the women who's journey into motherhood isn't all fairytales and roses. I know you'll enjoy it like I did!

If you want to read a poignant, honest account of real motherhood, this is it! I loved that she was so forthright about being in the trenches, her miscarriage, and postpartum depression, while inserting lots of humor throughout. If you want to feel understood, but at the same time laugh yourself to tears, then I highly recommend this book. It is refreshing and moving, and it reads fast because it feels like you're just having a casual conversation with a friend over a good cup of coffee. Amy gets it. The trenches, the challenges, but the joy (oh, the joy!)... this is an all-encompassing account of what motherhood is all about.

As a mom, I found this book to be refreshing. Amy has an ability to articulate the joys and pains of motherhood as it is, without any fluff! I found myself laughing out loud one second and moved to tears the next second. I loved this book and would recommend it to any mom (whether or not has experienced a miscarriage or pppd).

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