Press release

Book title: Postpartum Psychosis
Subtitle: A Personal Story Combined with Medical Records
Author: Karin den Oudsten

Five days after the birth of her youngest son, Karin den Oudsten loses her grip on reality. She had been looking forward to a joyful postpartum period, but within a single minute it turns into an acute crisis. Karin recounts her experiences from the time when she was psychotic and enriches the narrative with insights drawn from her roles as an expert by experience, educator, and therapist.

That is one side of the story. The other side is told through excerpts from medical records written by, among others, a midwife, psychiatrist, and occupational physician. This makes *Postpartum Psychosis* a compelling, hopeful, and groundbreaking book that demonstrates that recovery is possible, even after the deepest despair.

The book invites dialogue, understanding, and awareness, while breaking the silence surrounding one of the last remaining taboos of motherhood.