



## Supermom: A Postpartum Anxiety Survival Story

*Stacey Ackerman*

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# **Supermom: A Postpartum Anxiety Survival Story**

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**When your plate is too full, it eventually tips. Welcome to the world of a Supermom.**

When an overachieving, successful businesswoman tries to be perfect in every role of her life, it leads her onto a dark road of postpartum anxiety and panic disorder with psychotic features. A poignant memoir written with humor and heartache, this autobiography details the other side of postpartum depression: anxiety, panic, and psychosis. Ackerman gently walks readers through her terrifying journey of how a seemingly charming life unfolds into a nightmare of physical and mental breakdown, ending with inspirational, heart-wrenching inner strength that gives hope to a world of women.

Stacey Ackerman, otherwise known as Supermom, is an overachieving, type-A personality who survived a serious and debilitating mental health disorder after the birth of her third child. She shares her story in the hopes of helping other women survive a similar trauma. Her ordeal proves that a mental breakdown can happen to anyone, erasing the stigma of mental illness.



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