



# **Perfect Mothers Get Depressed: Why trying to be perfect, not speaking up, and always trying to please everyone increases your risk of postpartum depression**

*Kimberly Thompson*

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What happens when a mother tries to do everything right? Is afraid to let others know how she really feels? And is surrounded by others who do not support her? She's at risk for postpartum depression. Perfect Mothers Get Depressed discusses some of the common beliefs mothers have that may seem harmless enough on the surface, but can lead to depression. Based on the author's research, Perfect Mothers Get Depressed, describes the dilemma mothers face and give mothers specific things they can do to recover.

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