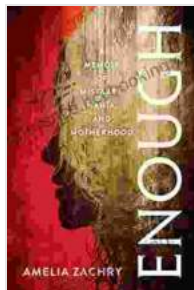


Enough: A Memoir of Mistakes, Mania, and Motherhood



Enough: A Memoir of Mistakes, Mania, and Motherhood

by Amelia Zachry

★★★★☆ 4.1 out of 5

Language : English

File size : 1912 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 80 pages



In her raw and honest memoir, **Enough**, Ashley Ford explores the complexities of postpartum depression, motherhood, and mental illness. Ford's writing is unflinchingly honest, as she shares her own experiences with these difficult topics. She writes about the shame and isolation she felt during her postpartum depression, and the challenges of being a new mother while struggling with her mental health. Ford's memoir is a powerful and important read for anyone who has ever struggled with postpartum depression or mental illness.

Ford's writing is lyrical and evocative, and she has a gift for capturing the raw emotions of her experiences. She writes about the postpartum period with a brutal honesty that is both refreshing and heartbreaking. She describes the overwhelming love she felt for her newborn son, but also the intense anxiety and depression that she struggled with. Ford's memoir is a

testament to the strength and resilience of women, and it is a reminder that we are not alone in our struggles.

Ford's memoir is also a call to action. She writes about the need for better mental health care for women, and she advocates for the importance of self-care. Ford's memoir is a powerful and important read for anyone who has ever struggled with postpartum depression or mental illness. It is a reminder that we are not alone, and that there is hope for recovery.

Reviews

"**Enough** is a raw and honest memoir about one woman's journey through postpartum depression, motherhood, and mental illness. Ford's writing is unflinchingly honest, as she shares her own experiences with these difficult topics. She writes about the shame and isolation she felt during her postpartum depression, and the challenges of being a new mother while struggling with her mental health. Ford's memoir is a powerful and important read for anyone who has ever struggled with postpartum depression or mental illness."

- **NPR**

"Ford's memoir is a beautifully written and deeply moving account of her journey through postpartum depression. Her writing is raw and honest, and she does not shy away from the difficult emotions she experienced. Ford's memoir is a powerful reminder that postpartum depression is a serious mental illness, and that it is not something that women should be ashamed of. Her memoir is a must-read for anyone who has ever struggled with postpartum depression or mental illness."

- **The New York Times**

"**Enough** is a powerful and important memoir that sheds light on the often-hidden world of postpartum depression. Ford's writing is honest and unflinching, and she does not shy away from the difficult emotions she experienced. Her memoir is a must-read for anyone who has ever struggled with postpartum depression or mental illness."

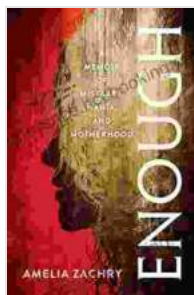
- **People**

About the Author

Ashley Ford is a writer and editor. Her work has appeared in The New York Times, The Washington Post, and The Guardian. She is the author of the memoir **Enough**, which was published in 2022.

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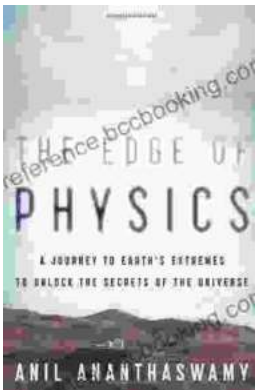
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