BOOKS FROM FRANCE

Free Fall

Notebooks from the Abyss

Authors:

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Category :

Genres : Non-Fiction

Keywords : Non-fiction - Motherhood

Disturbing, but also funny and moving: *Notes from the Abyss*.

Caroline falls into depression after the birth of her first child. This illness, which strikes her three times in her life, consumes her. From medication protocols to relapses, she shares her story to help others who have succumbed to depression feel less guilty, while also providing their loved ones with keys to understanding them.

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