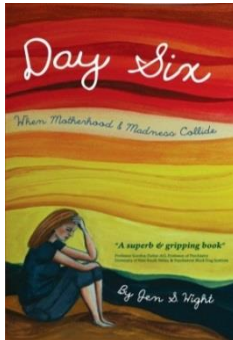




Day Six When Motherhood and Madness Collide

By Jen S. Wight

\$24.95, paperback, October 2013



Day Six is a story of one of the roughest introductions to motherhood you can imagine. Jen Wight breaks the taboo around mental ill health to honestly recount her experience of developing post partum psychosis and then severe post natal depression.

She tells the story of being convinced that she was Cameron Diaz; that she and Obama were going to use Facebook to save the world; and that she was going to cure cerebral palsy with dental floss. And it all started on Day Six of her son's life.

Jen “recounts her excruciating physical and mental experiences with irony, whimsy and sharp observations.” (**Professor Gordon Parker AO**, *Professor of Psychiatry UNSW, and psychiatrist Black Dog Institute.*)

In this brave and honest account, Jen describes the fascinating “rationale for this which helps us understand, in a very intimate way, the internal reality of a mind reaching for meaning and purpose in the midst of chaos.” (**Dr Fiona C Kennedy**, *Consultant Clinical Psychologist, MD, Greenwood Mentors Ltd.*).

This book will be invaluable for new mothers experiencing mental illness, those close to them – including partners, friends and grandparents – as well as mental health professionals and researchers in the field.

“Day Six is such a brilliant contribution to one of the most important experiences in human life, and one of the most mysterious.”

Anne Deveson, *AO Author of “Tell Me I’m Here”; co-founder of Sane Australia and the Schizophrenia Fellowship of NSW; former member NSW Mental Health Tribunal*

Day Six will be released on World Mental Health Day on 10 October 2013 (<http://1010.org.au/>). To order a copy please visit www.greenolivepress.com

Jen S. Wight is an author, writer, charity fundraiser and photographer. She currently works for the Cerebral Palsy Alliance and has raised millions of dollars for social justice causes since starting her fundraising career in 2002. Jen has written features and reviews for numerous magazines such as Time Out Sydney, Third Sector and Wed. Jen hales from Hackney in east London and lives in Sydney with her son, husband and their imaginary dog, Fart.



Jen Wight is available for commissions and interviews

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