

Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers

Karen Kleiman

Molly McIntyre, Illustrator

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Bearing a child is the greatest miracle of all. Mothers, in their ability to create life, are no less than gods on Earth. But with those special powers comes the immense responsibility of caretaking their offspring, and that's when the (all too) human condition betrays some vulnerability, because motherhood is brutal work. Upwards of 400,000 American women develop postpartum depression a year, and as many as 90 percent of mothers admit to experiencing intrusive, frightening thoughts about themselves and their babies.

That fear, and the shame that usually accompanies it, is too often suppressed by mothers in their reluctance to admit to worries about harming their children or to their regrets at having a baby in the first place. Such feelings are normal, experts know, but most mothers aren't getting the support they need.

Illustrated and inspirational, *Good Moms Have Scary Thoughts* takes a conversational yet serious graphic novel approach to helping mothers cope with their darkest mothering moments. Karen Kleiman, co-author of *This Isn't What I Expected*, writes with the most empathetic of pens, and the winning illustrations of Molly McIntyre convey a fantastic amount of data and emotion in this flawless project.

MATT SUTHERLAND (May/June 2019)

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