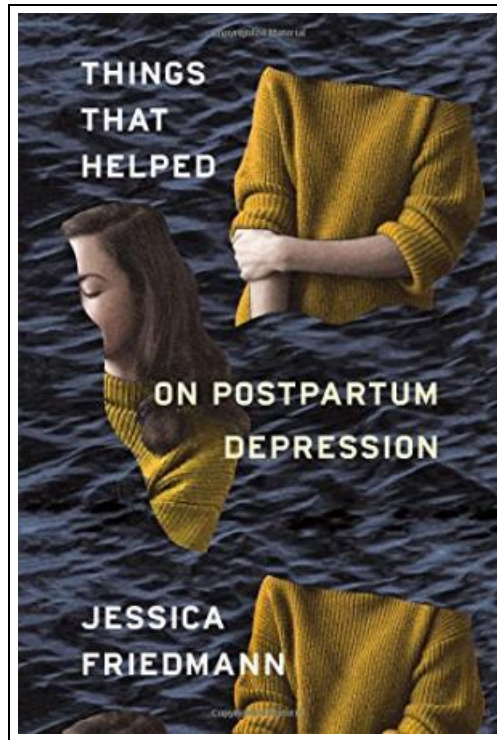


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FARRAR STRAUS AND GIROUX, 2018. Paperback. Condition: New. Language: English . Brand New Book. Jessica Friedmann navigates her recovery from postpartum depression in a wide-ranging collection of personal essays *Things That Helped* is a memoir in essays, detailing the Australian writer Jessica Friedmann's recovery from postpartum depression. In each essay she focuses on a separate totemic object--from pho to red lips to the trans musician Anohni--to tell a story that is both deeply personal and culturally resonant. Drawing on critical theory, popular culture, and her own experience, Friedmann's wide-ranging essays touch on class, race, gender, and sexuality, as well as motherhood, creativity, and mental illness. Occasionally confrontational, but always powerfully moving and beautifully observed, *Things That Helped* charts her return into the world: a slow and complex process of reassembling what depression fractured, and sometimes broke.



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