



Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope

Tina Zahn

On July 19, 2004, an awesome story, followed through tremendous video footage, broke throughout community and cable information programs. After Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope a high-speed chase to the pinnacle of Leo Frigo Memorial Bridge in eco-friendly Bay, Wisconsin, a tender girl stopped, lightly stepped out of her car, walked to the sting of the bridge--and jumped. nation trooper Les Boldt raced over, thrust out his hand, and in a miracle of timing and determination, snagged the woman's wrist as she begun the plunge. different officials ran to his aid, they usually pulled the lady to safeguard whereas the on-dash police cam captured the action. That girl at the side used to be Tina Zahn, and in Why I Jumped she tells her tale for the 1st time. during this

gripping book, readers are given *Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope* a glimpse of what resulted in such critical melancholy that suicide appeared the single answer. Readers can not positioned down this powerful, precise tale of postpartum depression, dramatic rescue, and a go back to hope.

Tina Zahn describes her descent right into a suicide try out during this memoir concerning the ramifications of unresolved youth trauma. Zahn explains that her post-partum melancholy was once a last blow after a life of abuse and abandonment. *Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope* She unearths within the prologue that the reader will adventure the drama of her story. The drama is captured on police video, which used to be recorded from the patrol car's digicam as Zahn jumped from a bridge. Zahn's tale was once aired at the Oprah Winfrey Show. Tina was once sexually abused via her father. Tina describes the sexual abuse in imprecise phrases however the reader knows how helpless and hopeless she feels. while Tina's mom witnesses the abuse, she actually turns her again on her daughter, refusing to talk to Tina less convenience her. The mother, who were again and again overwhelmed via the father, arranges kin counseling. The counselor doesn't practice his due diligence and comes to a decision to withhold wisdom of incest from the authorities. the daddy claims he simply can not help himself, but along with his promise to manage himself, the relatives is reunited. Tina turns into a vintage instance of "blaming the victim." Tina strikes via her adolescence and teen years as a "submissive, apprehensive younger girl consistently trying to please." In excessive school, she learns that her father isn't her organic father. Tina is left to technique the truth that it was once her stepfather who were molesting her. Tina doesn't locate convenience or aid for her deepening depression. not anything is "for certain" in Tina's world: there's no security and security, and ambivalence principles her relationships. She makes a decision to finish the discomfort by means of leaping off a bridge. within the aftermath, a complete group of law enforcement officials and Christians aid her. Tina stocks her therapeutic process, inclusive of faith, friends, medications, and a saintly spouse. Tina Zahn has a narrative to tell, yet she doesn't declare to be a writer. The writing kind is elementary: "There are sturdy days and undesirable days. Christmas used to be a difficult day." *Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope* it is also repetitive: "Mom made it clear" (page 52) "She made it clear" (page 53) "I acquired the message loud and clear" *Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope* (page 53). and entire of clichés: "miles among us...roadblocks we might face." However, Tina Zahn is appearing a provider via telling her story. Readers are made conscious of the result of adolescence trauma, and the truth that there's a excessive correlation among sexual attack and suicide attempts. those makes an attempt are usually not captured on video after excessive velocity automobile chases, nor are the attempters invited to Oprah. many of the sexually abused simply endure until eventually they silently and anonymously slip away. evaluate accomplished by means of Lynn C. Tolson, writer of *past the Tears: a real Survivor's tale*

Why I Jumped My True Story Of Postpartum Depression Dramatic Rescue Return To Hope

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