



# Out of the blue - Rinascere mamma (Italian Edition)

*Valentina Colmi*

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Valentina ha dato alla luce la sua bambina, ma qualcosa non quadra: piange, è sempre triste. Non se lo aspetta, avendo tanto desiderato la sua primogenita, ma sta soffrendo di depressione post-partum. Valentina decide di chiedere aiuto ad una psicologa e questo momento così difficile si rivelerà un'opportunità di crescita inaspettata. Dopo mesi di terapia, finalmente il peso sul cuore diminuisce e la neo mamma decide di mettere a disposizione la sua esperienza, per far sì che altre non si sentano sole come lei.



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