



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

*Tina Zahn, Wanda Dyson*

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On July 19, 2004, an amazing story, accompanied by incredible video footage, broke across network and cable news programs. After a high-speed chase to the top of Leo Frigo Memorial Bridge in Green Bay, Wisconsin, a young woman stopped, calmly stepped out of her car, walked to the edge of the bridge--and jumped. State trooper Les Boldt raced over, thrust out his hand, and in a miracle of timing and determination, snagged the woman's wrist as she started the plunge. Other officers ran to his aid, and they pulled the woman to safety while the on-dash police cam captured the action. That woman on the edge was Tina Zahn, and in Why I Jumped she tells her story for the first time. In this gripping book, readers are given a glimpse of what led to such severe depression that suicide seemed the only answer. Readers won't be able to put down this powerful, true story of postpartum depression, dramatic rescue, and a return to hope.



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### **From reader reviews:**

#### **Dorcas Starling:**

Exactly why? Because this Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such incredible way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the publication store hurriedly.

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