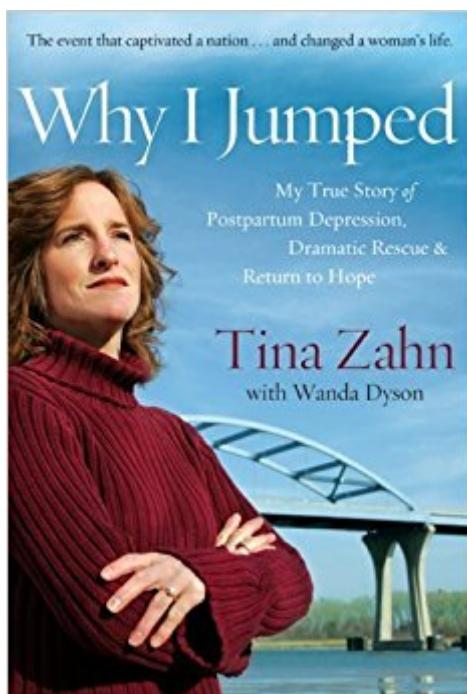


The book was found

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



Synopsis

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.

Book Information

Hardcover: 240 pages

Publisher: Revell (October 1, 2006)

Language: English

ISBN-10: 0800718917

ISBN-13: 978-0800718916

Product Dimensions: 1 x 6.2 x 10.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #1,782,455 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #736 in Books > Self-Help > Death & Grief > Suicide #1872 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

Sometimes it takes a miracle to find hope. 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 the Tower Drive Bridge (now Leo Frigo Memorial Bridge) in Green Bay, Wisconsin, a young woman stopped, got 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. This gripping book gives us a glimpse of what led to such deep depression that suicide seemed the only answer. From abuse and rejection in her childhood to severe postpartum depression after the birth of her second child, Tina has overcome incredible odds to get where she is today. You won't be able to put down this powerful true story of emotional struggle, dramatic rescue, and a return to hope. Tina Zahn is a wife and mother of two. She has been actively involved in the American Red Cross and the American Diabetes Association and is a former pharmaceutical rep for several major companies. Zahn is currently an instructor for One-to-One Discipleship and a facilitator for a local MOPS (Mothers of Preschoolers) group. She lives in Green Bay, Wisconsin, with her husband, Daniel, and their children, Sarah and Noah. Wanda Dyson is an author and a Christian counselor who specializes in helping women recover from depression, anxiety, rejection, and the long-term effects of sexual and physical assault. She lives in Frederick County, Maryland.

I just had to make it to the bridge. If I could make it to the bridge, the pain would stop. I just had to make it to the bridge, and the hopelessness would end. It became a refrain, running over and over in my head as I raced down the highway: Make it to the bridge, and the pain will end. It's hopeless. Just wanna die. Make it to the bridge. When I finally reached the highest point of Tower Drive Bridge, I pulled over and stopped the car. I was so calm, so sure. I knew this was the right thing to do, and there was peace as I opened the door, stepped out, and walked around my car toward the guardrail. As I reached the concrete barrier, I heard someone calling out to me. "Ma'am! Ma'am!" I ignored him as I took a deep breath . . . and jumped.

I received this book today and I cannot put it down. Thank you Tina for doing an excellent job of articulating the thoughts and feelings of a young innocent girl whose father was a monster and a mother who had my sympathy until page 46. The pastor of page 48 failed miserably as a spiritual leader. Both the mother and the pastor should have gone to the police. They never should have put the father and the marriage ahead of you. They should have protected you and they did not. I am only on page 51 and had to write this comment. You were an innocent precious little girl Tina. Never forget that. Those adults will have to answer for their sins to the one who judges righteously.

Execelent

Great book!

This is an amazing story. Thank God, Tina Zahn lived to tell it. In this well-written and easy-to-read account of a troubled life that eventually leads to an attempted suicide, we learn the true story behind the sensational headlines/video footage of a young woman's leap from Wisconsin's tallest bridge. Battling severe postpartum depression after the birth of her second child, coupled with unresolved traumas of sexual abuse by her stepfather that began at the tender age of five, we indeed learn why Tina Zahn jumped. Remarkably, all the elements were in place to rescue her. The book begins with the dramatic call to 9-1-1 by her husband and the ensuing high-speed police chase, along with the swift actions of the officer who reached out and grabbed her wrist, saving her from a 200-foot plunge and certain death. She then goes back in time and tells the wrenching account of her stepfather's abuses (she didn't discover he wasn't her biological father until many years later) and her mother's neglect. One can't help but applaud Zahn's bravery for sharing her story and for including useful reference material at the end to help us all recognize the signs of sexual abuse and depression, and where to go for help. This is a spiritual journey and I recommend it not only for readers learning to diagnose signs of depression (postpartum and otherwise), but also to attain a greater understanding of these illnesses and how to cope with loved ones who may be suffering. Readable in an afternoon. From the author of "A Line Between Friends," McKenna Publishing Group.

There are very few books that can hold my interest like this one did. Sure, Tina didn't go into great detail about the abuse and the rescue, but she included enough about them to tell her story very effectively. To do otherwise would have interfered with the message she was meant to tell. Yes, God was there throughout her life and He was answering her prayers - not with instant miracles, but through patient and loving people. This book was an eye opener for me. Even though I'd studied about clinical depression in the past, I didn't fully understand what it was like to suffer such an illness until reading "Why I Jumped." My profuse thanks go out to Tina and Wanda's publisher, Revell, for keeping the last chapters in. Those chapters provide much-needed information for the readers so we can recognize the symptoms of abuse or depression, and seek help for it before it's too late. Bravo!

I finished this book in one day. I loved it. I found it interesting to hear her story because I suffered from the same thing. I would highly recommend this book.

I loved this book! It was a blessing for me! I appreciate the frank discussion of sexual abuse and depression; it was helpful. Of course, I remember this story from when it national news, so it was wonderful to finally read the story behind the story. This book truly glorifies God!

I gave it a one star because someone took the time to write this book. Sorry, the writing was not great, the protagonist did not 'get inside me' to feel empathy for her, even though she went through a terrible ordeal. It is CLEAR the Lord saved her and has a wonderful purpose for her life but sorry, this book just never did it for me.

[Download to continue reading...](#)

Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return to Hope
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)
Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)
The Postpartum Husband: Practical Solutions for living with Postpartum Depression Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help
Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period
Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition
Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens)
Jumped Pararescue: The Skill and Courage of the Elite 106th Rescue Wing--The True Story of an Incredible Rescue at Sea and the Heroes Who Pulled It Off
A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression
This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression
Down Came the Rain: My Journey Through Postpartum Depression Behind the Smile: My Journey out of Postpartum Depression
The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered
Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression
The Lifter of My Head: How God Sustained Me During Postpartum Depression

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)