

PARADE

Friday, November 20, 2009

HOT
BUYS

**MAKITA 18 V LITHIUM-ION
1/2" DRILL BDF452 BDF**

BID FROM:
\$85.95

TIME LEFT:
19m 47s

GO



[HOME](#) |
 [CELEBRITY](#) |
 [HEALTH & FOOD](#) |
 [SPECIAL REPORTS](#) |
 [MAGAZINE](#)

[INTERVIEWS](#) |
 [HOLLYWOOD WIRE](#) |
 [STAR SNAPS](#) |
 [PHOTO GALLERIES](#) |
 [QUIZZES](#)

Parade
Favorites



Walter Scott's
Personality **Parade**



Ask Marilyn
by Marilyn vos Savant

Intelli

HOLLYWOOD WIRE

[Comments](#) |
 [Print](#) |
 [EMAIL](#) |
 [SHARE](#) |
 [RSS FEED](#)

PREVIOUS

NEXT

Whitney Houston to Sing on 'Dancing' Finale

Farrah Fawcett Cut Ryan O'Neal Out of Will

November 17, 2009



Brooke Shields: 'How I Survived Depression'

Brooke Shields described the depths of her struggle with postpartum depression, saying, "All I wanted to do was disappear and die."

[See exclusive photos of Brooke Shields](#)

The 44-year-old actress shared her fight against the disease -- and the stigma that surrounds it -- after receiving an advocacy award from the Hope for Depression Research Foundation on Monday in Manhattan. Shields, who wrote about her journey through depression in the book "Down Came the Rain," told the audience she felt her life was meaningless after the birth of her first daughter.

[Slideshow: Celebrity moms and daughters](#)

"[I thought] I should not exist. The baby would be better off without me. Life was never going to get better -- so I better just go," she [said](#), according to People. "We think and we feel that we should just be able to handle it on our own."

Shields has two daughters, Rowan, 6, and Grier, 3. After a miscarriage and seven IVF attempts, she gave birth to Rowan in 2003 with her husband, TV writer **Chris Henchy**. "I finally had a healthy beautiful baby girl and I couldn't look at her," she said. "I couldn't hold her and I couldn't sing to her and I couldn't smile at her ... All I wanted to do was disappear and die."

She consulted a doctor for help and was diagnosed with a chemical imbalance. "I learned what was going on inside my body and what was going on inside my brain. I learned I wasn't doing anything wrong to feel that way. That it was actually out of my control," she said. "I didn't [fight] at first -- but finally I did. I survived."

PREVIOUS Whitney Houston to Sing on 'Dancing' Finale

NEXT FARRAH FAWCETT CUT RYAN O'NEAL OUT OF WILL

[Back to Top](#) | [Comments](#) | [Print](#) | [EMAIL](#) | [SHARE](#) | [RSS FEED](#)

Related Links

- [Julianne Hough Says No More 'Dancing' \(For Now\)](#)
- [Nicole Richie Granted Restraining Order by L.A. Judge](#)
- [Rihanna Rocks the Stage in London](#)
- [Heather Locklear Returns To 'Melrose Place'](#)

Sponsored Links

Mom Makes \$63/Hr Online

Jobless Mom makes \$8,673/Month Part Time! Read her story now.
[TheLosAngelesJournal.com](#)

Top Diet Products Of 2009

Can These Two Products Help You Lose Weight? Fact Or Fiction.
[News11Online.info](#)

Acai Berry Scam Investigation

We Investigate Acai Berry. Is Acai a Miracle Diet or Internet Scam?
[www.HealthNews4.net](#)

[Back to Top](#)

MORE FROM PARADE



**'New Moon' Breaks
Midnight Box Office**



**Blake Lively on
Celebrity: 'People
Look at**



**Hottest Actor-
Musician Hookups**



**When The Best
Doctor Is Far Away**



**6 W
Som
Can**

PARADE.COM

[Home](#)
[Contact Us](#)
[About Us](#)
[Media Relations](#)
[Advertising Info](#)

CELEBRITY

[Interviews](#)
[Hollywood Wire](#)
[Star Snaps](#)
[Photo Galleries](#)
[Quizzes](#)

HEALTH & FOOD

[Health Features](#)
[Food & Recipes](#)
[Photo Galleries](#)
[Ask Marilyn](#)
[Numbers](#)

SPECIAL REPORTS

[First Take](#)
[Intelligence Report](#)
[What People Earn](#)
[Dictators](#)
[Where America Lives](#)