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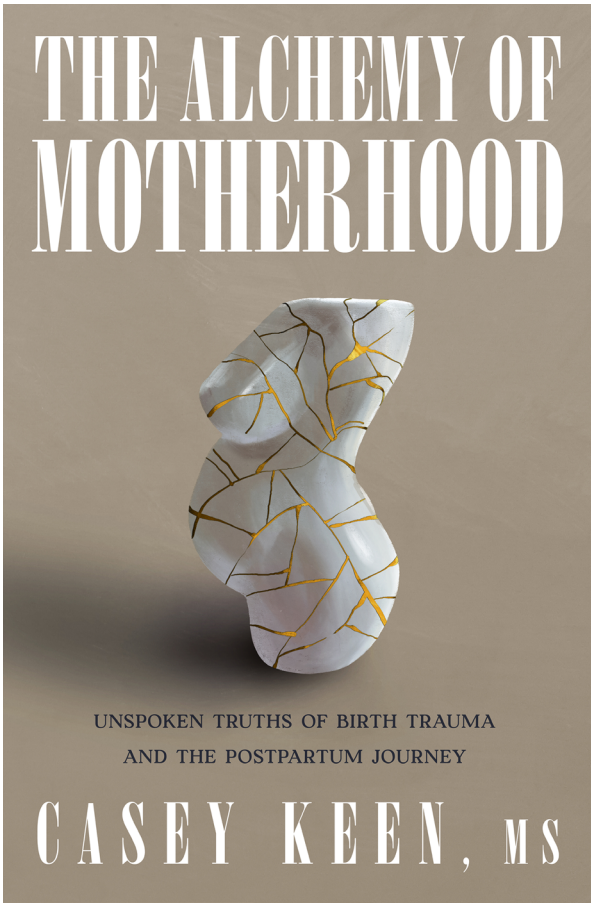
The Alchemy of Motherhood

Unspoken Truths of Birth Trauma and the Postpartum Journey

by Casey Keen, MS



Early Praise

The Alchemy of Motherhood is a must for the bookshelves of childbearing women. By sharing her story, Keen helps shine a necessary light on the often overlooked and undertreated mental health struggles of new mothers.

—Cheryl Tatano Beck, DNSc, CNM, FAAN

As an integrative pediatrician, I've watched too many families navigate birth trauma alone; this book gives them the validation and road map they deserve.

—Joel "Gator" Warsh, MD, MSc

With a blend of research and personal narrative, *The Alchemy of Motherhood* sheds new light on the difficulties of giving birth in a health care system that has lost sight of what's best for mothers and babies. It doesn't only examine the problems, however: Casey Keen gives us a better way forward. I wish this book had existed before I had my own babies!

—Teresa Wong, author of *Dear Scarlet: The Story of My Postpartum Depression*

As rates of birth trauma, postpartum depression, and maternal mental health complications continue to rise in the U.S., *The Alchemy of Motherhood* arrives at a critical moment—offering both personal testimony and research-grounded insight into experiences long minimized in medical and cultural discourse.
***The Alchemy of Motherhood* breaks the silence around birth trauma and the postpartum psychological aftermath—experiences shared by millions of women yet rarely acknowledged with clarity or compassion—bringing new language to an urgent, ongoing conversation about maternal care.**

(Cynren Press Paperback; May 26, 2026; ISBN: 978-1-947976-67-2; $16.95)

Childbirth is often framed as magical, transformative, and universally joyful. For many women, the reality is far more complex—and far more damaging.

In *The Alchemy of Motherhood,* Casey Keen examines the physical and psychological aftermath of pregnancy, labor, and delivery, tracing how birth trauma, postpartum depression, and postpartum anxiety are routinely minimized, misdiagnosed, or ignored altogether. Grounded in her own experience, and informed by her work as a postpartum women's advocate, Keen situates maternal suffering within a health care system ill equipped to recognize or respond to it.

Part personal reckoning, part cultural and institutional critique, this book confronts the myths surrounding motherhood and exposes the structural failures that leave women unsupported during one of the most vulnerable periods of their lives. *The Alchemy of Motherhood* is written for mothers seeking language for what they endured, and for anyone invested in maternal health, social justice, and systemic change.

About the Author

Casey Keen is a writer and advocate whose work explores motherhood, trauma, postpartum care, and the stories women are often expected to survive silently. Her memoir, *The Alchemy of Motherhood* (Cynren, 2026), combines personal narrative with cultural and medical inquiry to examine the realities of birth, recovery, and maternal identity.

Her writing on postpartum care and maternal health has appeared in *Undark*. Casey holds degrees in psychology and forensic medicine, founded an online postpartum support community, and is building a platform focused on education, advocacy, and support for new mothers.

She lives in Pennsylvania with her family.

About Cynren Press

Cynren Press is a traditional independent publisher of memoir, history, and culture with a strong focus on telling the human story from a unique perspective.

Cennan Books, its fiction imprint, publishes historical and world fiction.

Cynren imprints are distributed to the trade by the Independent Publishers Group (IPG).

More information can be found on its website at http://www.cynren.com.

For more information, for review copy requests,
or to schedule an interview with Casey Keen,
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Ebook, 978-1-947976-68-9 ($9.99)

Recent Media

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