



Is This My Beautiful Life?

Jessica Rowe

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The deeply honest, funny, gut-wrenching and touching memoir from journalist, celebrity, wife, mother, television presenter and author, Jessica Rowe.

The fairytale I had dreamt up saw me still blazing ahead with my career, sharing the cooking and cleaning duties with my husband and having neat, tidy and well- behaved children who had beautifully brushed hair. But that was not my life.

Journalist, celebrity, television presenter, author, ambassador for beyondblue and patron of its work on post-natal depression, Member of the Order of Australia, risk-taker, social commentator, charity worker, public speaker, passionate mother and wife, Jessica Rowe is all of these things, and more. And in this extraordinary memoir, Jessica reveals herself as a woman who thought it would be easy to have it all, to do it all. But what was supposed to be her beautiful life derailed in the very public collapse of her television career accompanied by astonishingly hurtful public trolling, her long struggle to conceive, her fears and what she believed to be failings as a mother and in her professional life, and the diagnosis of post-natal depression.

Thankfully, with proper medical help, and that of her beloved husband and family, Jessica ultimately rediscovers her 'sparkle'.

Deeply honest, funny, gut-wrenching and touching this book will be treasured by women who don't feel they fit the mould of the perfect woman; women who understand that in life, 'having it all' may develop a different meaning; and women suffering from post-natal depression, who will be encouraged that it's okay to ask for help.

Is This My Beautiful Life? Details

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From Reader Review Is This My Beautiful Life? for online ebook

SuzAnne King says

The demanding world of broadcast journalism is a challenging career choice and one Jessica Rowe fought valiantly to maintain under public scrutiny. Beyond the cameras, some equally tough battles were being fought.

This candid memoir reveals how difficult it can be to have what comes naturally to some: a secure childhood and children of one's own. Jessica's smooth writing style is like being in her presence and sharing a coffee over confidences.

I found myself admiring the candour and sincerity of her story, and Jessica's ability to surmount some very tough life challenges. Public trolling, frontpage headlines, IVF and mental illness all being endured while her husband was away reporting for 60 Minutes. Reporting, as they both did, "the serious business of news and tragedies happening to somebody else's family". Who could know better how to do just that?

@SuzanneKing

(this book blurb was published by Noosa Today on 6 July 2017)

Ashe says

I am always grateful for a very honest and raw account on motherhood. Thank you Jessica for a realistic peek into you life that allows so many of us to take a big exhale and relate to someone we would assume had it all together just because you're beautiful smile hides your private life. Definitely a must read for any mum grappling with the 'motherhood' journey!! ❤️?

Kathy says

Boring

Shelleyrae at Book'd Out says

Is This My Beautiful Life? is the memoir of Jessica Rowe, best known as an Australian television news presenter, and ambassador for the organisation beyondblue.

Jessica Rowe writes candidly about her unsettled childhood as a result of her mother's bipolar disorder, her legal battle with network Ten, the hurtful criticism leveled at her by the public and media, the loss of her job at Channel Nine, and her struggle to conceive via IVF. But it is her battle with post natal depression after the birth of her first child with 60 minutes journalist Peter Overton, that is the focus of this memoir.

Challenged by breastfeeding, uncertain about her instincts as a mother, and exhausted by the demands of a newborn, Jessica found herself overwhelmed. She is honest and open about being unable to admit to her increasing distress. She writes of her fears of developing a mental illness like her mother, of her feelings of

failure, and her reluctance to reach out for help, despite the support of her husband and family.

Offering encouragement, sympathy and comfort to women who may find themselves struggling with 'having it all', *Is This My Beautiful Life?* is an open and touching read, addressing an important subject that affects around 1 in 7 Australian women.

*Please note I choose not to rate memoirs.

Girlwithapen93 says

I never intended on picking up this book and reading, but then I kept seeing it everywhere. In every bookshop, department shop and grocery shop I walked into it was there. It was like a sign, one that wasn't going away. 3 days after Christmas as I walked around Target with my Mother and Sister looking for a bargain to bring home, I spotted *Is this my Beautiful Life?* again. I was in the middle of another book but I brought it anyway, knowing I would need something to read after the book I had just started. I am glad that I finally brought this book and have read it.

It took me 1 day. About 10 hours, give or take a few interruptions here and there to complete the book, cover to cover. I stopped reading the book that I had started last week and got stuck into this one. I watch Studio 10 in the morning and have always wondered about the life of Jessica Rowe and how she got to where she is today. All I have ever know about Jessica Rowe is information that my Mother has told me about her and newspaper articles.

I had no idea that Jessica Rowe could write a book that I would sit down and block out the entire world to read. I didn't even plan on reading it all at once, but then I started in the middle of the shops, and during lunch and when I finally got home I couldn't put it down until it was completely finished.

The raw emotions, the pure of heart and soul that is felt as you read the book is so unique that it isn't something that all authors can achieve. I applaud Jessica Rowe for writing such a personal and interesting memoir, that I as a writer know wouldn't have been easy to do. The structure of the book, the flow of the words, sentence and paragraphs all work so well to construct a memoir that pulls on heart strings.

I haven't been through any of the things that Jessica Rowe has gone through in her lifetime to know how she feels, but through her generous, well thought out writing and well edited book, it feels as though I know her a lot better than I could have ever known. The scene where Jessica Rowe recounts her experience in Greece when she was a teenager could have been left out of the story as it only took away from the story she is trying to tell in that chapter.

Jessica Rowe is a great journalist, a great human being and I suspect even though she has to remind herself all the time, that she is a great mother to her 2 adorable children. *Is this my beautiful life?* is a memoir that not only reads as the journal of a woman's life story, but also as a tool to allow women and girls to accept who they are and what they want to do.

I give it 4.2 out of 5 booky stars.

Stick around...

Melissa says

Amazing insight into her battle with post-natal depression. So honest and open about her feelings. Great reading, definitely recommend to any woman.

Kelly Wilson says

An honest portrayal of motherhood and mental illness - otherwise just known as motherhood.

Anna says

This is a frank and honest memoir that reflects the reality of the challenges of infertility, parenting and postnatal depression. I found much of it very relatable, and I think accounts like this are very important as they show parents that they are not the only ones who feel this way - deeply loving their children and having no regrets about becoming a parent, but also craving a break, and feeling intensely guilty for not 'enjoying every minute'.

The writing wasn't fantastic, but it was easy to read, and the flaws in the writing don't undermine the value of the messages. I would recommend this to new parents who are struggling and need a reminder that they are not alone in finding the transition to parenting difficult, and that it's ok - and often essential - to ask for help.

Iv says

Is This My Beautiful Life?

I follow Jessica Rowe on instagram and find her dinner posts concerning as they look like something either blow torched beyond recognition or potentially harbouring salmonella. Her book on the other hand I found raw, brutally honest and inspiring. I admired her admission and navigation through IVF while maintaining a 'perfect' public persona, her eventual pregnancy and struggle with a new born - judgment, bleeding nipples and self doubt. Her resilience against public humiliation and eventually finding an employer who respected her as a working mother. No one has it all and no one has it together all the time at least Jessica has the balls to admit it.

Kerenza says

Despite an 11 hour work day still managed to get this page turner read in a day! Such beautiful raw honesty and really well written. A much read!! The world needs more honesty like this and to stop glossing over the realities of life. Life is no fairytale but you've gotta keep your sparkle!

Veronica-Anne says

Dramatic, sensitive, feisty and loving. That is how I would describe Jessica Rowe as she shares not only the happy, but also the painful truth of her life thus far. A woman who did not attempt to hide the black days of her antenatal depression or her struggles with IVF, nor her problems with her working life and the shameful way she was treated. For there are no nasty comments, no name-calling, no bitter ranting over the unfairness of it all, just an honest soul-searching description of what she went through and how she chose to deal with the disappointments in her life. What you are left with is the joy and commitment of total unconditional love Jessica Rowe feels for her family, and that leaves you, the reader, with a very warm feeling inside as her

hopeful optimism shines through it all. Highly Recommended.

Jessica Gleave says

I thought it was an interesting insight into the life of a public figure who suffered post-natal depression. I didn't realize that she had gone through so much it was good to see her side of events that occurred and not just what is portrayed in the media. It makes you feel less alone as a mother myself going through a large change.

Sandy says

An enjoyable read. Every mother can relate!

Erin says

Honest account of motherhood that details the real challenges new mothers face.

Sara Pearce says

Pleasant

Lovely insight into a real life account of post natal depression and realistic view of motherhood. Lighthearted but not very well written
