

Jessy Beaulieu Releases In a Matter of Minutes, a Raw and Honest Account of Precipitous Labor

A first time mother's memoir of two births that happened faster than she ever imagined possible , and what it taught her about fear, trust, and control.

CARMEL, ME, UNITED STATES, August 21, 2026

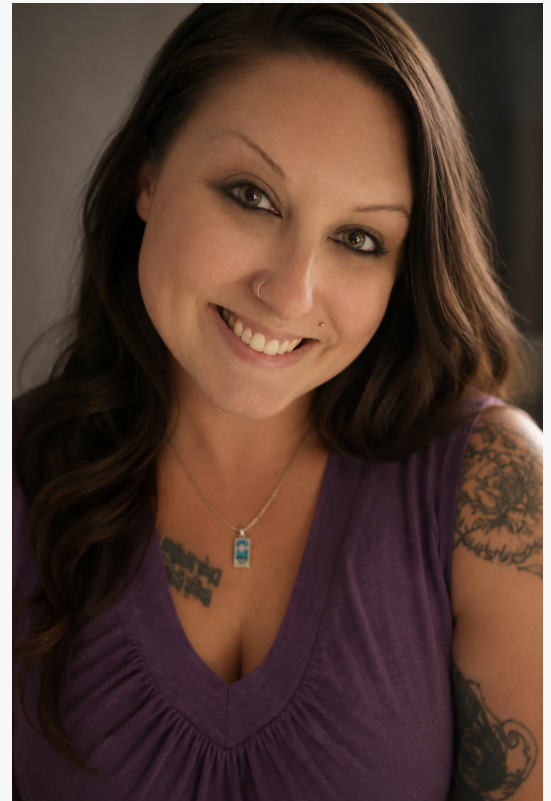
/EINPresswire.com/ -- Author Jessy Beaulieu has released *In a Matter of Minutes: A Precipitous Labor Story*, a candid memoir now available in eBook and paperback. Drawing on her own experience giving birth twice under precipitous labor , delivery that occurs within three hours of the onset of regular contractions , Beaulieu takes readers inside the minutes when careful plans gave way to a body moving faster than her mind could process.

Most expecting mothers hear the phrase "fast labor" and imagine relief: less time in pain, less time waiting. Beaulieu writes to correct that assumption. She draws a clear line between a labor that is simply quick and one that leaves no time to mentally prepare, no gradual transition from pregnant woman to laboring mother, and, at times, not even enough time to reach the place she had planned to give birth.

Names and locations throughout the book have been changed to protect the privacy of everyone involved, but the events themselves are true, told in Beaulieu's unfiltered voice, bodily fluids and all.

Why it matters: Precipitous labor affects a small but real share of births, and much of the guidance available to expecting parents assumes there will be time , time to labor at home, time to get to the hospital, time to adjust. Beaulieu's memoir speaks directly to the mothers for whom that time never came, offering companionship rather than clinical advice.

About the Book:



Author Jessy Beaulieu

In a Matter of Minutes follows Beaulieu through two labors that each unfolded in a matter of hours rather than days, tracing the fear, disorientation, and ultimately the strength she found on days she had once imagined would simply be the happiest of her life. It is a book for mothers who have lived through a birth that moved too fast to process in the moment, and for the partners, family, and providers who want to understand what that experience can feel like from the inside.

Availability:

In a Matter of Minutes: A Precipitous Labor Story is available now in eBook and paperback editions.

[Available on Amazon](#)

About the Author:

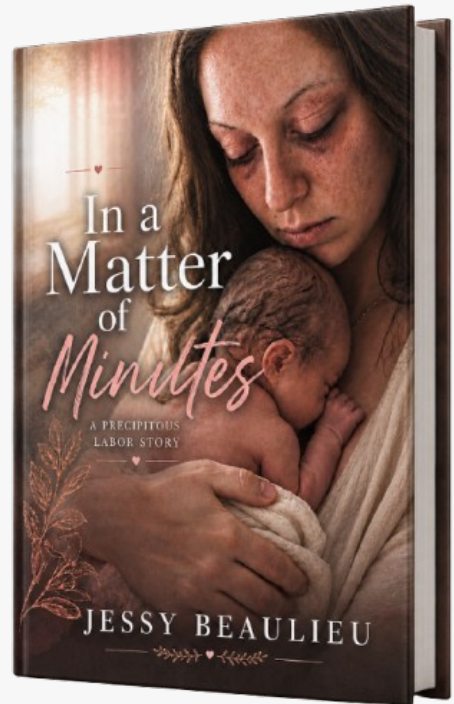
Jessy Beaulieu is a first time mom turned two time mom who has lived through precipitous labor not once but twice. In a Matter of Minutes grew out of her belief that mothers who experience a fast, frightening birth deserve honest company, not just statistics, and that a clear-eyed account of what those minutes actually feel like can help the next mother walk in feeling less alone.

Review copies, interview requests, and media inquiries can be directed to Lauren Cole using the contact information below.

Jessy Beaulieu

[email us here](#)

Lauren Cole



Book

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