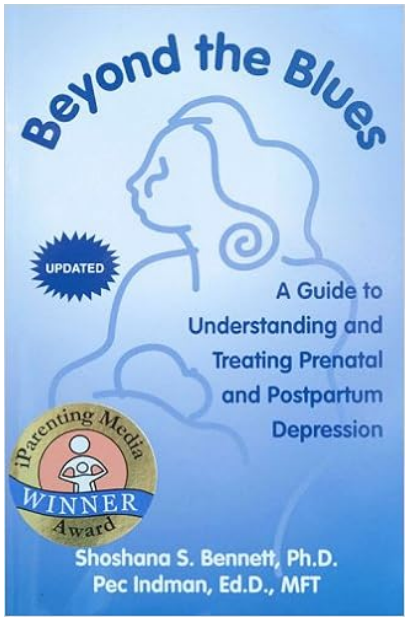
Self-Help: Post-Partum Depression

July 11, 2016

Welcome to the Self-Help: Post-Partum Depression bookstore page! Books are listed in alphabetical order by title. Click the title to read more about each book. Missing your favorite book? Click here to send us your recommendations.

- Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression
- The Mother-to-Mother Postpartum Depression Support Book
- This Isn't What I Expected: Overcoming Postpartum Depression

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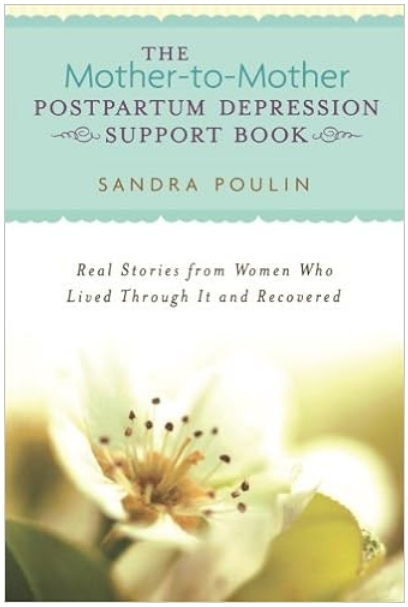


Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression
by Shoshana S. Bennett and Pec Indman

Newly updated, Beyond the blues contains the current information about risk factors, diagnosis, teatment, and prevention of mood disorders in pregnancy and postpartu. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. This book is being used by the US Navy,

Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, the International Childbirth Education Association, and many other organizations.

Available at amazon



The Mother-to-Mother Postpartum Depression Support Book
by Sandra Poulin

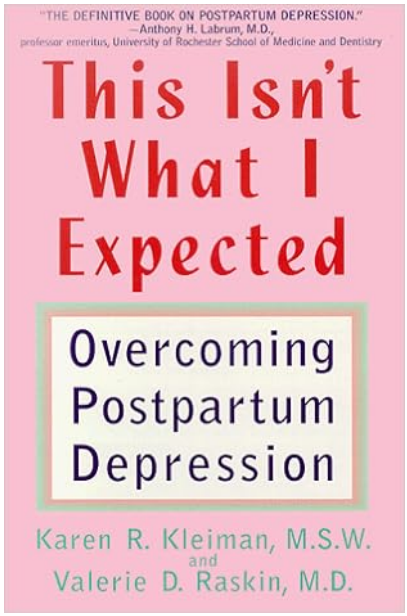
Real help, from women who've been there.

After she gave birth to a bouncing baby girl, Sandra Poulin felt like crying. And she did-for months. But they weren't happy tears-Sandra felt worthless, could hardly sleep, and had thoughts of death. Like too many mothers around the world, Sandra had no idea that this common but baffling condition had a name: postpartum depression.

What kind of mother, people wonder, could feel depressed after having been so richly blessed with a baby? The answer: every kind, women from all walks of life, from all over the world, young and old. And here, in a unique collection, are their stories of battles with PPD, with intimate details about the symptoms, the struggles, and the strategies that helped them emerge victorious.

Written by mothers, for mothers, this collection is an uplifting, enlightening- and perhaps even lifesaving-book.

Available at amazon



This Isn't What I Expected: Overcoming Postpartum Depression
by Valerie D. Raskin

A major addition to both maternity and psychology literature, here is a guide to self-help and professional treatment of postpartum depression--one of the most misunderstood and misdiagnosed mental illnesses. The authors debunk the myths surrounding PPD and provide compassionate support and solid advice for women with PPD.

Available at amazon

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