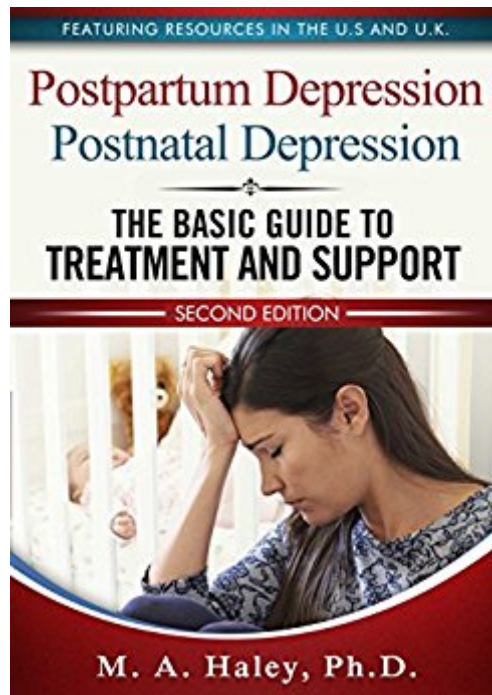


The book was found

Postpartum Depression / Postnatal Depression: The Basic Guide To Treatment And Support



Synopsis

You've had your baby ... so why aren't you happy? There are a lot of reasons you're feeling this way, but the good news is you don't have to keep feeling this way. This book will introduce you to the best that nature and science have to offer. You may have a Postpartum Mood Disorder (PPMD), a very common condition after the birth of your baby. These disorders can range from 'the Baby Blues' to something deeper, including Postpartum Depression or Postnatal Depression. With treatment and support, these conditions are temporary. You will learn treatment and support tactics from some of the most remarkable women in their industry. Additionally, this book will provide you "7 Ways" to speed up your recovery, enabling and empowering you to take control and enjoy being a mom. This book gives you the ability to use and develop a customizable combination of ways to overcome your depression. Each way or combination of ways can be used in tandem with the guidance of your healthcare professional. This 2nd Edition includes:

- Forward by Dr. Andrew Mayers
- Causes of Postpartum Mood Disorders
- 7 Ways
- Treatment and Support Options
- Resources in the United States and United Kingdom
- Postpartum/Postnatal Depression in Men
- Remarkable Contributors and Expert Advice by:
 - Vanessa Benson: an athlete, organizer, writer and guest speaker for #SpeakUpWhenDown in Los Angeles. She has been featured in the Los Angeles Public Service Announcement "Speak Up When You're Down" and on the LA County Perinatal Mental Health Task Force site.
 - Dr. Jo Black: a perinatal psychiatrist and consultant. She is inspired by the power of women to recover.
 - Laura Clark: a blogger & postnatal depression survivor. Her Blog "The Butterfly Mother" is dedicated to help anyone who is currently suffering to feel less alone.
 - Ann Douglas: the author of numerous books about pregnancy and parenting, including "The Mother of All Pregnancy Books" and "The Mother of All Baby Books."
 - Jutta Elisabeth Ellmer: a bestselling author with over 23 years of experiencing in Broadcasting Networks around the world. She considers herself a global citizen and specializes in non-fiction.
 - Sue Fleming: a fitness expert and creator of the Buff Fitness ®. She is a popular fixture in mass media touchstones such as USA Today, Cosmopolitan, US Weekly, and InStyle Weddings, as well as a sought after guest on ABS TV's Good Morning America.
 - Amber Kuiper: the founder of Mommy's Me Time, providing honest encouragement for moms in the everyday moment.
 - Sarah Longacre: the founder of Blooma "where pregnancy, birth, and motherhood take a deep breath. Blooma serves as a haven for those passionate about birth and supporting mothers."
 - Olivia Spencer: author of Sad Dad: An Exploration of Postnatal Depression in Fathers. Sad Dad was reviewed and recommended by the International Journal of Childbirth Education for providing "significant contributions to the field of childbirth education."
 - Amy Quinn: a writer

who has worked with Women & Infants Hospital of Rhode Island, A Care New England hospital and one of the leading specialty hospitals for women and newborns in the US.

Book Information

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Women's Health

Customer Reviews

I wish I had a copy of this book before my daughter was born so both me and my husband could read it (more like me read it and tell hubby about it). It would have helped knowing the different types of postpartum depression that you can have. I thought that if I didn't want to hurt my girl or myself then I was fine... But it is so much more complex. I was not fine. It's important to know you are not alone, there are places to get help and that you won't be judged. The hormones are having a party in your body and it is not your fault. I think my journey from despair to acceptance have given me the strength to overcome the challenges and enjoy motherhood. I wish that upon all moms. This book is short and sweet. It should be given to every mom that is discharged from the hospital after giving birth. It will help you find your sanity.

This should be a must read BEFORE having a baby. As someone who suffered from Post Partum Depression I had no idea what was happening to me or that what I was going through had a name. This book offers examples about the different ways Post Partum Depression can manifest, it's not always straight forward, one size fits all symptoms. This book takes that into account and explores the different facets of this illness. It is concise and easy to get through with lots of anecdotal stories which bring her points to life. Also offering different types of helpful suggestions to help deal with some of the symptoms of Post Partum Depression. I like what seems to be her bottom line, it's not your fault and there is help. I wish I had,had this 5 years ago. Great resource!

This helped me as a new mom understand all the emotions that I was going through. A good read.

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Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help The Postpartum Husband : Practical Solutions for living with Postpartum Depression Depression after Childbirth: How to Recognise, Treat, and Prevent Postnatal Depression Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression Prehospital Trauma Life Support (NAEMT PHTLS, Basic and Advanced Prehospital Trauma Support) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Nolo's Essential Guide to Child Custody and Support (Nolo's Essential Guide to Child Custody & Support) Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth A Guide to Postpartum Depression (Yike MD Health Reports Book 7) Walking After Midnight: Into and Out of Postpartum Depression A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression The Lifter of My Head: How God Sustained Me During Postpartum Depression Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression Postpartum Depression Prenatal and Postnatal Care The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Alzheimer's Disease: Dominate Alzheimer's Sickness

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