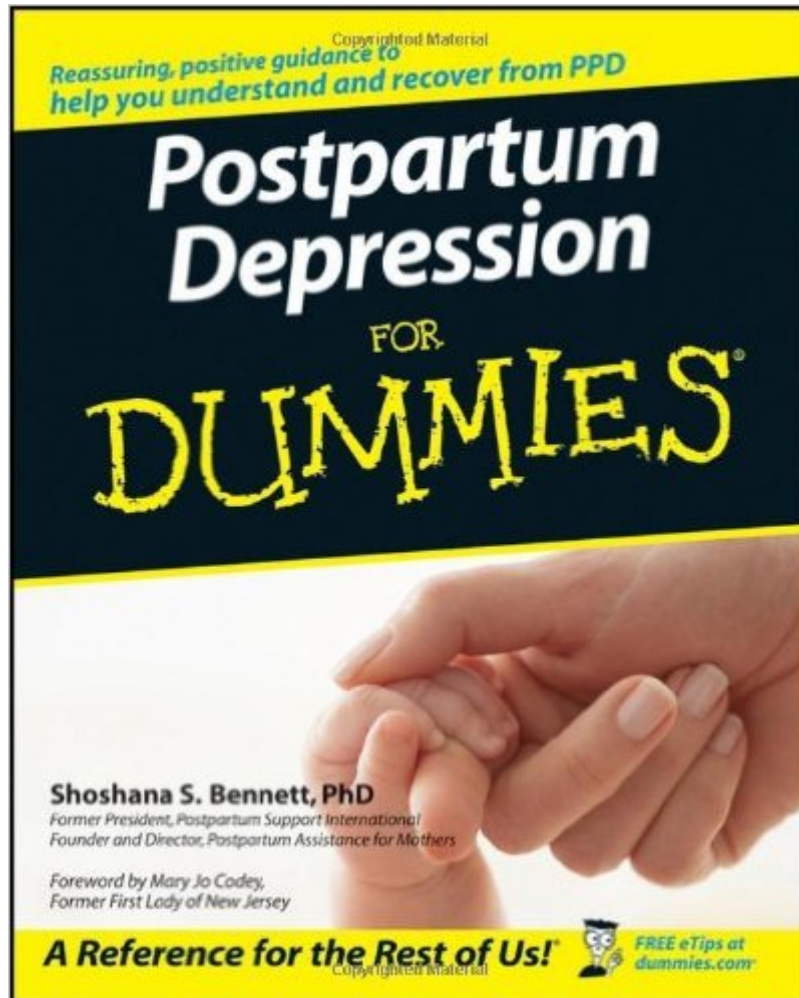


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# Postpartum Depression For Dummies



## Synopsis

It's a great blessing when a new mom with postpartum depression (PPD) is fortunate enough to be diagnosed early by a knowledgeable medical practitioner or therapist. But without guidance, it isn't always clear where the boundary between normal baby blues and PPD lies. As with any other illness, the quicker that PPD is identified and treated, the faster the woman will recover. *Postpartum Depression For Dummies* can help you begin the process of determining what's going on with you and give you a better idea of where you fall so that you can get yourself into proper treatment right away. The book covers all aspects of PPD, from its history and its origins to its effects on women and their families to the wide variety of treatments available—including conventional Western medicine, psychological therapy, alternative medical treatments, and self-care measures. *Postpartum Depression For Dummies* reveals:

- Why some doctors may be hush-hush about PPD
- How to distinguish between pregnancy hormone changes, "baby blues," and PPD
- The difficulties of getting a proper diagnosis
- The role and importance of a therapist
- The benefits of medication for depression
- Alternative treatments with a successful track record
- How to find the right balance of psychological, medical, and alternative treatment
- Ways you can help foster recovery
- The nutrition you need to care for yourself properly
- How to help your partner help you

*Postpartum Depression For Dummies* also provides the additional resources you need—web sites, organizations, and further reading—to help avoid the unnecessary suffering caused by undiagnosed and untreated PPD and survive and thrive as a new mom.

## Book Information

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## Customer Reviews

I suffered PPD after the birth of my second son. As a stay-at-home mom caring for two small children, I felt overwhelmed and lost. I was suffering, as were those around me. After reading Dr. Shoshanna's book, I was able to make positive changes to bring balance to my life and overcome my PPD. I stopped beating myself up for not being able to "do-it-all." I started caring for myself by putting good nutrition in my body, taking breaks to have "me" time, and asking for help with housework and childcare. By doing these things, I saw changes immediately and I feel better than I have in a long time. And this book helped my family understand how I was feeling and how to support me. I wish I would have read Dr. Shoshanna's book before I had my first child. Now that I am pregnant with my third child, I plan to continue with the changes I've made and have a much happier experience with my newborn and my family. Thank you Dr. Shoshanna for writing this book and for helping so many women. All mothers (whether first time or not) should read this book.

This book goes way beyond the typical book about post-partum depression. It covers so many ways to understand and treat PPD - holistic, traditional medicine, alternate therapies, resources online, and much much more. Presented in a no-nonsense way, with compassion and sensitivity, this book, written by a woman who has "been there done that" will provide wanna-be mothers, soon-to-be mothers, already mothers, grandmothers, caregivers, doulas etc. with viable ways to understand and deal with PPD. Preventative ideas as well! I highly recommend this book, and encourage you to read it or give it as a gift!

Its okay.. I dont feel like I learned anything that you don't already know from picking up on a few online articles. They just constantly repeat themselves over and over.. the book could be half the size if they didnt repeat so much.

This book has helped me understand what it is that I am feeling and gave me great advice on how to help myself in the situation, I really appreciate that author who take time to study and try and help those of us who are not quiet certain why and what we are feeling. Thank you!!! This book helped me get the right help and understating about my feelings.

For anyone who has just had a baby or is thinking about having a baby. Buy this book! This books really opened my eyes about what the symptoms are of postpartum depression/mood disorders and their treatments.

This incredibly written book has every angle of the illness covered at 110%. The author has done a wonderful job of incorporating knowledge, resources, humor, and wisdom in this all encompassing informational guide. The reader can devour everything they ever wanted to know about PPD and more! Whether the reader is Dad, a partner, family, friends, or Mom herself, there is information galore to be shared with all. A "must have" for anyone interested in the unexpected reality of PPD.

I suffered through PPD and PPA for several months after my baby girl. I am now just about back to my old self. I was in a really dark place but this book helped me see the light. As per the recommendations of the author, I began seeing a therapist, took some much needed me time, began supplements and did many more things that helped me on my road to recovery. Honestly, Dr. Bennett made me realize all of symptoms were normal for PPD and that I wasn't a terrible mother for thinking/feeling certain things. Thank goodness for this book and my wonderful support system!! I recommend putting up positive affirmations around the house to remind yourself that when you're feeling down or having dark thoughts that it's just the PPD and it will pass. If you're reading this and feeling bad, please know you WILL get better, I was where you are with little hope. Keep on keeping on, Momma, you're doing great.

I was able to heal and become the most amazing mom because of Dr. Bennett. I was suffering from the worst symptoms of PDD and it felt like the storm was never going to lift. My OB referred me to Dr. Bennett for counseling. I read this book before starting the sessions with her and knew I was on the right path. I found myself in her book, all my symptoms were explained and it helped me understand the feelings I was experiencing. The book provided such an understanding of my symptoms I was more aware of what I needed to focus on for each counseling session. Dr. Bennett is an uplifting counselor with such clarity I was able to leave each session with a renewed sense of self. Medication was my last resort and I am thankful I never reached that point.

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