Overcoming Postpartum Depression And Anxiety
Every year nearly 400,000 women—approximately 15% of all new mothers—face postpartum disorders. Postpartum depression is the most common complication of pregnancy, yet few understand it or are prepared to deal with it. This book examines the causes of treatment for postpartum depression. Topics covered include: The Unexpected and the Unknown, The Roller Coaster of Postpartum Blues, Postpartum Anxiety Disorders, The Spectrum of Pospartum Depression, Navigating the Mental Health System, Understanding the Use of Medication, For Fathers and Families, and Looking Ahead.

This book was very comforting to my wife and me when she went through a depression after our second child. It caught us so off guard. We were hungry for information. This book helped us understand postpartum issues and how to get help.

Having been a patient of Ms. Sebastian’s several years ago, I can honestly say that everything she talks about in this book is based on what real women (like me) have been through. I especially liked the coverage of the anxiety that can frequently go along with the depression, of which many people are unaware. This book is easy to read and understand, which can be helpful when you are suffering from depression/anxiety and may be having trouble with memory or concentration. Other women’s "stories" in the book help you to realize that you are not alone and that there is successful
treatment. I am proof!

This book explains postpartum depression very clearly and helps the family understand what the new mother is going through. The description about treatment helped explain what to expect.

This is a simple, practical and powerful book both for the woman and her partner. It is well written by a compassionate and thoughtful clinician who has treated many individuals and couples struggling with postpartum depression. I found it very helpful.

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Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression
& Anxiety
Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth
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The Mother-to-Mother Postpartum Depression Support Book
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Sleepless Days: One Woman’s Journey Through Postpartum Depression
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