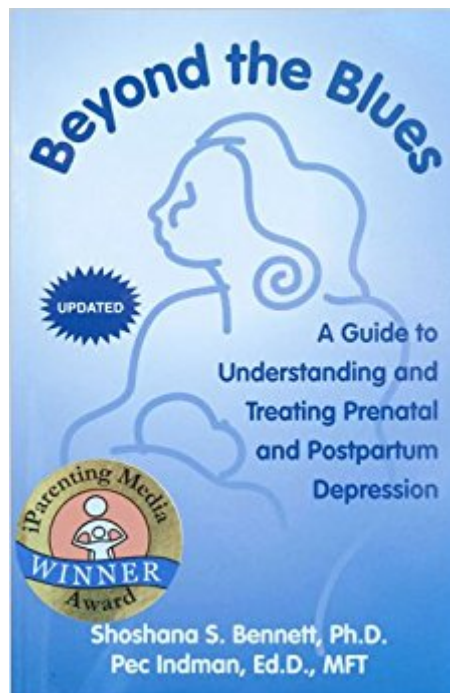




The book was found

# Beyond The Blues: A Guide To Understanding And Treating Prenatal And Postpartum Depression



## Synopsis

Newly updated, *Beyond the blues* contains the current information about risk factors, diagnosis, treatment, and prevention of mood disorders in pregnancy and postpartum. 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.

## Book Information

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## Customer Reviews

"Succinct yet informative, a useful guide for the busy practitioner or overwhelmed mother." -- Valerie Raskin MD, psychiatrist, author of *This Isn't What I Expected*. A compact, comprehensive manual on prenatal and postpartum depression. Readable and practical; a quick read with an easy format. -- Library Journal recommend this useful book. An excellent source of information on perinatal depression in a straightforward and concise format. -- Leslie Lowell-Stoutenberg, RNC, MS, Director Pregnancy & Postpartum Mood & Anxiety Disorder Program

Recommended by Brooke Shields in *Down Came the Rain*. --This text refers to an out of print or unavailable edition of this title.

This book was not what I expected. I was dealing with anxiety related to my pregnancy and the

huge changes in my life. Most of the book focused on cases and how to deal with post-partum. I did not find it specific to what I was looking for, nor was it general enough for me apply the techniques to my own life. If you are struggling with anxiety or depression and want to know you are not alone this book is could be helpful. If you are looking with how to move forward, I didn't find it helpful.

This book is a must read for anyone who is expecting a baby or will be supporting someone who is. Postpartum depression is an incredibly under acknowledged and sometimes fatal condition of the first year after the birth of a child. We absolutely must start knowing the facts, taking this condition out of the shadows, and saving women and babies from having to go through this. Post partum depression is common, it is treatable, and it is NOT something that should shrouded in stigma.

Thank Goodness for this book. While PPD (Post Partum Depression) has gotten a lot of coverage in the media.....I was totally unaware of "Perinatal Mood Disorders" (Mood Disorders that occur during pregnancy). I suffered from Panic Attacks during my fifth month of pregnancy, and the experience was very upsetting to have to deal with during what you think is supposed to be a happy time. My doctors seemed to confuse "Panic Attacks" and "Axiety Attacks". Everyone kept asking me if I was worried about the baby or my ability to be a parent. That was so not what this was about. My first attack literally woke me up from sleep and my heart was beating furiously and my mind was racing, and I couldn't go back to sleep. The continuation of these types or episodes, coupled with my OB/GYN treating me like some kind of "head case" only perpetuated my fear about what was going on. I was really scared about what was happening to me, and fearful about the advice I was getting (to start taking anti-depressants during my pregnancy). Thankfully, my panic attacks stopped as abruptly as they started and I did not require any medication for the duration of my pregnancy. This book, and knowing I was not alone or "crazy" was a huge comfort to me during a very troubling time.

so many folks fall into depression during or shortly following pregnancy. changes in the body, hormone levels, neurotransmitters, SLEEP DEPRIVATION, changes in perceptions of who we are, what is expected of us, finances, support from family and friends, our bodily image, realization of the seriousness of the new responsibility ... it's natural to feel this depression, for many folks, for the first time in their lives. this book takes folks for where they're at, provides numerous treatments / techniques / exercises that many people have found helpful in pulling themselves out from post-partum depression. this was a fairly light read, welcomed, and motivating! good to very good

content. many people have reported to me that this book has been helpful to them. i think that it is a very good book and is worth the price. some folks, especially those who've had episodes of depression or family histories of perinatal depression might consider reading the book as a way of reducing the likelihood of onset. it offers some helpful information for family and friends.

A good book for the professional interacting with prenatal and post partum women, to assist in assessing and understanding symptoms of depression related to pregnancy and the post partum period.

This book is amazing. I have been on a steady spiral into depression over the past six months since giving birth. The image of being a "strong black woman" kept me from seeking help. This book encourages you and is succinct and easy to digest especially when you are in the fog of depression. I'm still working to come out of this but this book is a great aide. It helped my boyfriend to be a better mate as well.

This book is great for mothers suffering from PPD, and other mood disorders, because it is a quick read and gets right to the point. When I suffered, sometimes it was hard for my attention to be held by books, but this one was great. It also is good for mothers in that it has seperate chapters for her family and husband, as well as medical providers. A great book! Another great book is Women's Moods by Deborah Sichel.

got to get this

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Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety  
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Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)  
Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period  
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weight loss, Post partum depression) 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 Nurse-Midwifery Handbook: A Practical Guide to Prenatal and Postpartum Care Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period Fit to Deliver: An Innovative Prenatal and Postpartum Fitness Program: Safe and Fun Exercises Tailored by Professionals to Benefit Both You and Your Baby When Baby Brings the Blues: Solutions for Postpartum Depression Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens ) The Caged System and 100 Licks for Blues Guitar: Complete With 1 hour of Audio Examples: Master Blues Guitar (Play Blues Guitar Book 5) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: B Flat Instruments Edition (Red Dog Music Books Razor-Sharp Blues Series) 48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: Guitar Edition (Red Dog Music Books Razor-Sharp Blues Series)

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