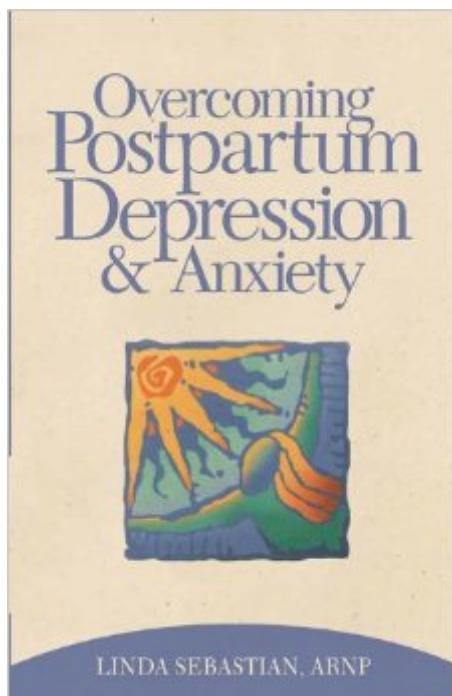


The book was found

# Overcoming Postpartum Depression And Anxiety



## **Synopsis**

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 Postpartum Depression, Navigating the Mental Health System, Understanding the Use of Medication, For Fathers and Families, and Looking Ahead.

## **Book Information**

Paperback: 152 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,492,606 in Books (See Top 100 in Books) #70 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1128 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #1693 in Books > Health, Fitness & Dieting > Mental Health > Depression

## **Customer Reviews**

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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Overcoming Postpartum Depression and Anxiety The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions 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 After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression This Isn't What I Expected: Overcoming Postpartum Depression Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression Transformed by Postpartum Depression: Women's Stories of Trauma and Growth Perfect Mothers Get Depressed: Why trying to be perfect, not speaking up, and always trying to please everyone increases your risk of postpartum depression Nobody Told Me: My Battle with Postpartum Depression and Obsessive-Compulsive Disorder The Mother-to-Mother Postpartum Depression Support Book Down Came the Rain: My Journey Through Postpartum Depression Behind the Smile: My Journey out of Postpartum Depression Postpartum Depression For Dummies Sleepless Days: One Woman's Journey Through Postpartum Depression Reclaim The Joy of Motherhood: How I Defeated Postpartum Depression Expecting the Unexpected: An Honest Look at Miscarriage, Postpartum Depression & Motherhood

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