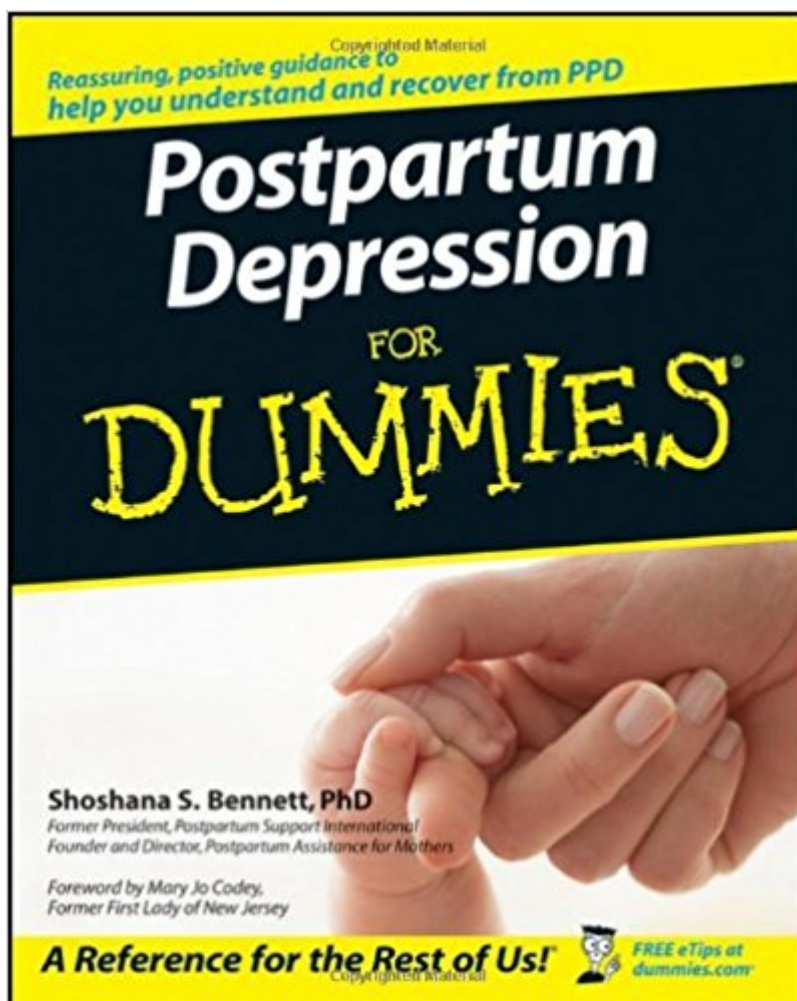




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# Postpartum Depression For Dummies



## 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

Covers psychological, medical, and alternative treatments Identify PPD symptoms, get help, and get your life back Worried that you or someone you love are suffering from postpartum depression? This understanding, authoritative guide explains this sensitive disorder and how it differs from the "baby blues." You'll see how to find the right doctors, evaluate the various treatments from medication to therapy to self-help groups and create a comprehensive plan for recovery. Discover how to Get an accurate diagnosis Find the proper treatments Break the cycle of negative thoughts Speed up the recovery process Get support from family and friends Plan for another baby after PPD

Shoshana S. Bennett, PhD, is a noted guest lecturer who has been featured on national television shows including ABC's 20/20. She is also host of the online talk show "Health Matters" at WorldTalkRadio.com.

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 truly feel that any woman who is battling postpartum depression or postpartum ocd NEEDS to read this book! I cannot say enough good things about it. This book covers in depth all of the mood disorders that one may experience after having a baby, and it is written by an expert in the field, who understands exactly what it is like to battle this monster. Dr. Bennett also addresses the family of those going through this, as it is so important for them to understand how to help and support women dealing with this. I felt so comforted reading this book, and have it on my kindle so I can take it with me and read it whenever I feel the need. After reading various books on ppd and ppocd and visiting various web-sites, I must say that this book is the most helpful one yet. I recommend

expecting mother's read this as well, so they can be prepared as to what they could possibly face after having a baby! Thank you so much Dr. Bennett for caring enough to write this book and share parts of your personal journey with us all.

As someone who went through an horrendous experience with PPA and PPD with extremely frightening and severe symptoms this was the first book that spoke to me. I have read multiple books on ppd and anxiety/panic disorder and they were all informative and helpful but nothing came close to this book. This is a survival kit for anyone groping in the dark. It gives you everything you need to know to cope and weather this difficult storm.

I just finished reading "Post Partum for Dummies" and it has helped me immeasurably. This book really explains all aspects of dealing with PPD and offers insight into the many different avenues you can take to get help. This book does not push any method over another and is a book that is accessible to anyone. Thank you for writing this book. It has been a dark time and reading this has made me feel like there is a light at the end of the tunnel.

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 takes time to study and try and help those of us who are not quite certain why and what we are feeling. Thank you!!! This book helped me get the right help and understanding about my feelings.

Very good book easy to read as all Dummies books. If in trouble get it I also highly, highly recommend Brook Shields book on Postpartum Depression. Best to all, Stormy

It's okay.. I don't 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 didn't repeat so much.

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

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Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
The Postpartum Husband: Practical Solutions for living with Postpartum Depression Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help  
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Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period  
Postpartum Depression For Dummies  
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 )  
This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression  
Down Came the Rain: My Journey Through Postpartum Depression  
Behind the Smile: My Journey out of Postpartum Depression  
The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered  
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