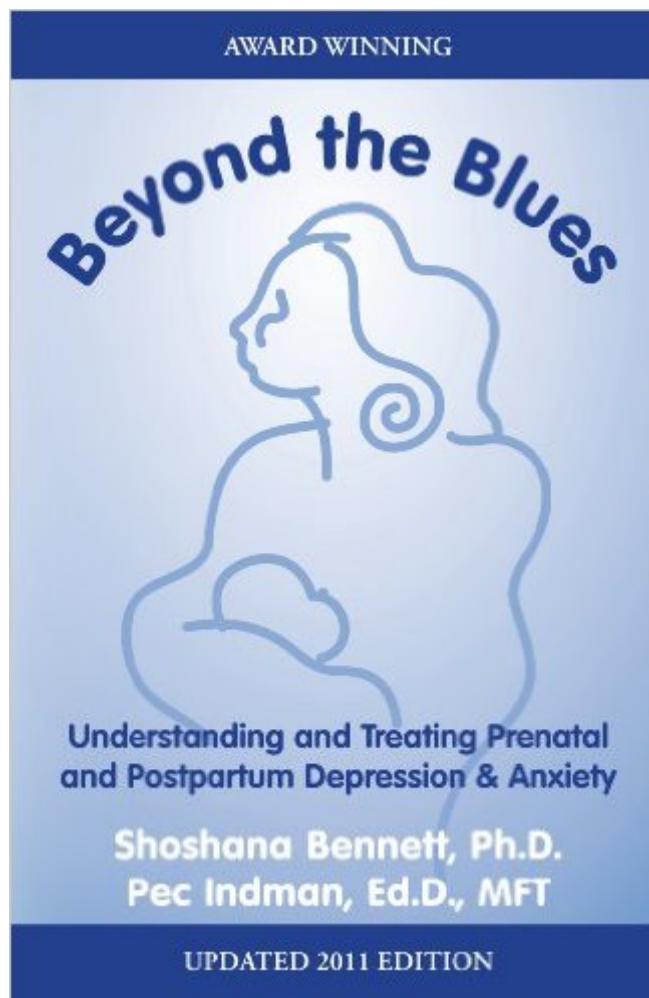


The book was found

# Beyond The Blues, Understanding And Treating Prenatal And Postpartum Depression & Anxiety



## **Synopsis**

Newly updated in 2010, Beyond the Blues contains the current information about risk factors, diagnosis, treatment options, and prevention of mood disorders in pregnancy and postpartum. Included is the most up-to-date research about medication use in pregnancy and in breast milk. 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, Clarian Health in Indiana, the International Childbirth Education Association, and many other organizations. This book is recommended by the United States Department of Health and Human Services, and by actress Brooke Shields. A newly updated section for fathers/partners explains how to support an ill wife, as well has a discussion of how you, as a dad/partner may be feeling. This book tells how to screen for a trained healthcare provider, and discusses the variety of health and mental health care providers and their differences.

## **Book Information**

Perfect Paperback: 160 pages

Publisher: Moodswings Press; 2011 updated edition (September 23, 2010)

Language: English

ISBN-10: 097171245X

ISBN-13: 978-0971712454

Product Dimensions: 5.4 x 0.5 x 8.4 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (9 customer reviews)

Best Sellers Rank: #962,634 in Books (See Top 100 in Books) #46 inÂ  Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #740 inÂ  Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #808 inÂ  Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## **Customer Reviews**

I went through PPD/anxiety after my first child was born. It seemed to come out of nowhere and I was hanging on by my fingernails when a supportive friend sent me this book. In retrospect, I'd probably get the book postpartum depression for dummies, but this book got me through a real crisis. Another reason it was helpful was because the mental health clinicians I worked with didn't

seem to really get my situation, but this author did. The clinicians I had knew enough to recognize it was a serious situation, but PPD is so much more serious because you are talking about two lives, the mother's and the baby's, who are at risk.

I'm pregnant and dealing with some pretty severe antepartum depression. I have talked to numerous doctors and am now pretty successfully treating it with medication and therapy, but I wanted this book as an extra resource on the subject. It was comforting to read and know that I was treating it properly. It doesn't go really in depth (it's fairly basic), but it has helpful info. It also has a section for practitioners and family members of those suffering from antepartum or postpartum depression. I had my husband read the "spouse" part and I think it gave him some useful tips on how best to support me.

For new moms who are suffering: this is easy to read, even when you have trouble focusing on anything. Useful for women suffering from Postpartum Anxiety/ Depression as well as those who care for them. Women, give this to your friends, family, spouse, etc to help them understand what you are going through and help them learn what to say and what not to say.

I suffered through postpartum depression with both of my births. I wish I had learned some of these tips back then.

As a Human Resources professional, I've referred several woman to Dr. Bennett's book who are returning to work, or attempting to return to work, from maternity leave. They, and their spouses, have all thanked me and said this book provided them the answers they were seeking. They especially appreciate that the book has separate sections for the woman suffering, their partners, and their health care providers, so each person can easily find and read the area that pertains to them. This book is an outstanding resource.

[Download to continue reading...](#)

Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety

Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression

The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety,

Worry, Panic Attacks, Obsessions, and Compulsions Overcoming Postpartum Depression and

Anxiety Postpartum Depression Demystified: An Essential Guide for Understanding and

Overcoming the Most Common Complication after Childbirth A Deeper Shade of Blue: A Woman's

Guide to Recognizing and Treating Depression in Her Childbearing Years Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners 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 After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression The Mother-to-Mother Postpartum Depression Support Book Down Came the Rain: My Journey Through Postpartum Depression This Isn't What I Expected: Overcoming 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

[Dmca](#)