

The book was found

# Sad Dad: An Exploration Of Postnatal Depression In Fathers



## Synopsis

Taking in many different perspectives, this book sheds light on the many aspects of postnatal depression in fathers - an unknown subject to many people. It includes a review of recent studies and research in this area, investigating the reasons behind male postnatal depression and how this can effect family relationships. It also examines the the social and psychoanalytic factors which go some way to explaining why men experience this depression as well as women. The book's author, Olivia Spencer, talks with Michel Odent, a renowned obstetrician, writer, and birth expert. Odent's controversial view that men should not be present at childbirth, and that their presence may indeed be a trigger for depression, are central to his discussion. Spencer also talks with Adam Jukes, a psychoanalyst with a wealth of experience in working with violent and angry men. Jukes gives fascinating insights into male behavior, explaining that we simply don't give men the resources they need to deal with a new baby. The book opens up a discussion of diagnosis and treatment through personal stories from both men and women affected by a father's postnatal depression. It will increase awareness of this under-discussed subject and will challenge preconceptions. \*\*\* "This book will certainly provide significant contributions to the field of childbirth education in the conventional, childbirth preparation, and labor and birth classes....Fathers involved in the pregnancy experience, even in a small way, can be encouraged to take the suggested surveys identified in this book. It will certainly increase the conversation on providing more resources for fathers who are unaware of, or are reluctant to talk about, suffering from PND." - International Journal of Childbirth Education, Vol. 30, No. 2, April 2015

## Book Information

Paperback: 158 pages

Publisher: Free Association Books (August 5, 2014)

Language: English

ISBN-10: 185343230X

ISBN-13: 978-1853432309

Product Dimensions: 5.2 x 0.5 x 7.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,180,590 in Books (See Top 100 in Books) #95 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #880 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology #1499 in Books > Politics &

Social Sciences > Social Sciences > Gender Studies > Men

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

Sad Dad: An Exploration of Postnatal Depression in Fathers Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Kovels' Depression Glass and Dinnerware Price List, 8th edition (Kovels' Depression Glass & American Dinnerware Price List) The Depression Book: Depression as an Opportunity for Spiritual Growth The Depression Cure: The 11-Step Program to Naturally Beat Depression for Life Rich Dad Poor Dad for Teens: The Secrets About Money - That You Don't Learn in School! Dad and Me: A Special Book for You and Your Dad to Fill in Together and Share with Each Other (Bloch, Serge) Rich Dad Poor Dad: What the Rich Teach Their Kids About Money - That the Poor and Middle Class Do Not! Rich Dad, Poor Dad Rich Dad's CASHFLOW Quadrant: Rich Dad's Guide to Financial Freedom Padre Rico, Padre Pobre (Rich Dad, Poor Dad) (Spanish Edition) Padre Rico, Padre Pobre [Rich Dad, Poor Dad]: QuÃ© les enseÃ±an los ricos a sus hijos acerca del dinero. Ã que los pobres y la clase media no! Rich Dad Advisor's Series: Own Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad's Advisors) Rich Dad's Cashflow Quadrant: Guide to Financial Freedom (Rich Dad's (Audio)) Rich Dad Advisors: Buying and Selling a Business: How You Can Win in the Business Quadrant (Rich Dad's Advisors (Audio)) "My Dad Loves Me, My Dad Has a Disease" A Child's View: Living with Addiction Why Is Daddy Sad on Sunday?: A Coloring Book Depicting the Most Disappointing Moments in Cleveland Sports. My Friend is Sad (An Elephant and Piggie Book)

[Dmca](#)