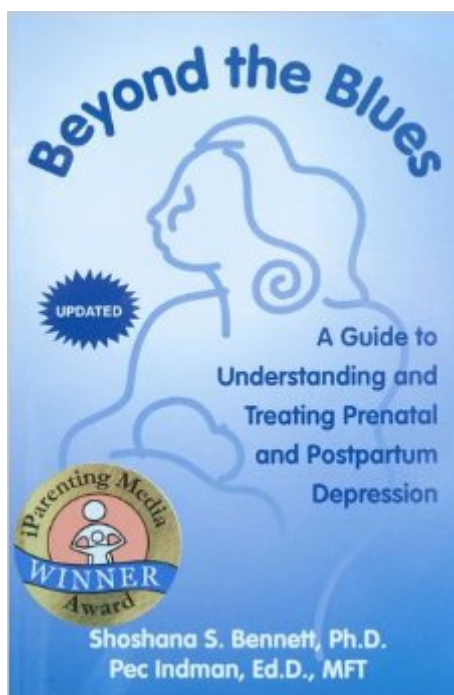


The book was found

# 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

Paperback: 144 pages

Publisher: Moodswings Press; Updated edition (June 14, 2006)

Language: English

ISBN-10: 0971712433

ISBN-13: 978-0971712430

Product Dimensions: 0.2 x 5.5 x 8.2 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (42 customer reviews)

Best Sellers Rank: #1,326,683 in Books (See Top 100 in Books) #65 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #1526 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #5756 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

"Contrary to popular mythology, pregnancy is not always a happy, glowing experience!

Approximately 10 percent of women experience depression. Of these, about 15 percent are so severely depressed that they attempt suicide."During a time when you would imagine most women would be happy and fulfilled in their new roles as a mother, many women experience the nightmare of postpartum depression. While many of us have heard of postpartum depression (PPD), I was unaware of prenatal depression. In fact, this book presents five postpartum mood disorders that can also occur during pregnancy. Since depression can have fatal results, it is essential to get counseling. This book is not intended to be a replacement for individual counseling, medical assessment or group support. "Beyond the Blues" shows the reality of Prenatal and Postpartum depression. It is one of the most well-organized books I've seen on any type of depression. You can quickly assess the condition and find help, treatment options and support. The authors wrote this

book to help provide critical information to psychotherapists and clients. Shoshana S. Bennett, Ph. D., founded "Postpartum Assistance for Mothers in 1987" and also holds her second masters degree in Psychology and a doctorate in Clinical Counseling. Pec Indman, Ed.D., MFT has a doctorate in counseling and a masters degree in health psychology. Our Stories - Shoshana and Pec show how they became aware of perinatal mood disorders. You soon realize the lack of sensitivity out there in the "real world" and can't believe we humans are not more nurturing. For some women, becoming a new mom can be a shocking experience when they start feeling suicidal.

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

Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression  
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  
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  
After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression  
A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care Providers  
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  
Overcoming Postpartum Depression and Anxiety  
Nobody Told Me: My Battle with Postpartum Depression and Obsessive-Compulsive Disorder  
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](#)