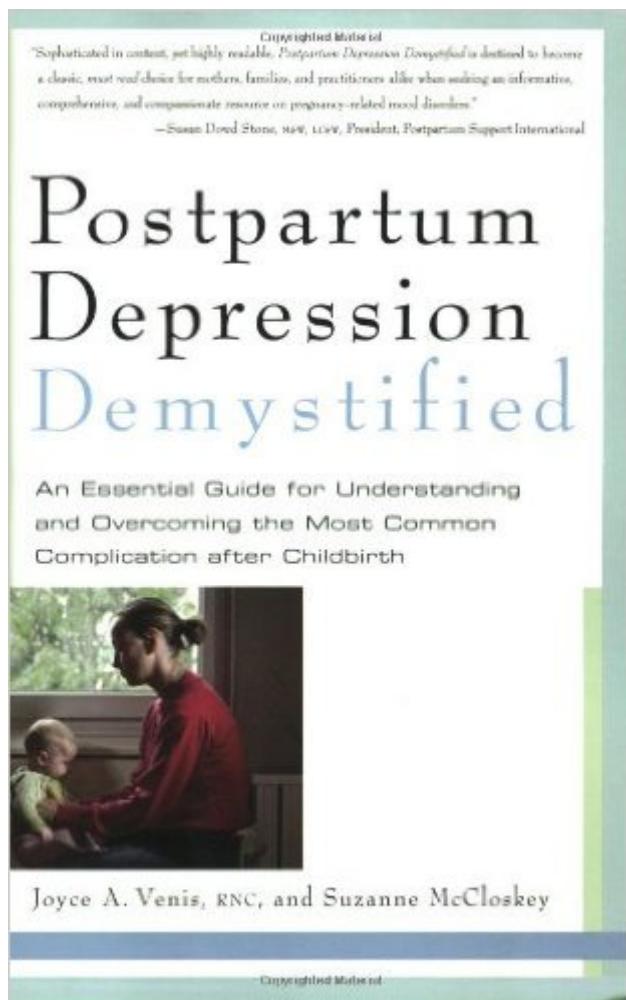


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# Postpartum Depression Demystified: An Essential Guide For Understanding And Overcoming The Most Common Complication After Childbirth





## **Synopsis**

Postpartum depression is the most common complication women experience after childbirth &#151; nearly 700,000 new moms suffer from it each year. Yet this serious mood disorder, characterized by sadness, anxiety, feelings of hopelessness and guilt, insomnia, and thoughts of harming the baby or oneself, continues to be widely misunderstood and frequently misdiagnosed. In *Postpartum Depression Demystified*, renowned PPD authority Joyce Venis and Suzanne McCloskey, both PPD sufferers themselves, turn their combined experience and expertise into an insightful and supportive guide for everyone living with and seeking to understand this condition. Venis and McCloskey cover topics including: the nature of PPD and how it differs from other perinatal mood disorders how to recognize and cope with the symptoms how to obtain an accurate diagnosis key risk factors and how to minimize them medications and therapies getting the support you need from your partner, family, and friends how PPD can affect your relationship with your partner and your baby nurturing yourself through recovery

## **Book Information**

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## **Customer Reviews**

I have a type A daughter who just gave birth to her first child. During her pregnancy she read every book there was, scouted the best ob/gyn, bought the best baby equipment, and in general approached having her child as everything she did in life - with careful research and only the best. Imagine shortly after the birth of the baby (about 3.5 weeks) her personality starts to change. She's short tempered (which is not all that unusual for type A, but it was REALLY bad), she was

sleeping a lot, she never smiled, she hated her body, she hated her lack of energy. She knew she had changed drastically from the 'go-get'em' girl she used to be, but couldn't put a finger on it. I suggested she might have post partum depression and to get to her Doc asap. I did some research and purchased this book for her. It arrived 2 days later. She immediately got an appointment, spilled her guts to the doctor with a lot of tears as well (she rarely cries) and he gave her a prescription for Lexipro. Within 4/5 days she noticed a huge difference. Within 10 days she was nearly back to herself. She loved the book, loved the way it was set out and that it was written by doctors and nurses who showed the problem as a true medical issue for mothers of infants. My daughter is very sharp and critical of information that isn't supported. This book? She read from cover to cover in 2 days. She said it saved her. Fast forward 4 months and she's doing great, is back to work, has her energy back but most of all **UNDERSTANDS** ppd is nothing to mess around with. It's a condition that is common, nothing to be ashamed of and very treatable. Highly recommend. **UPDATE:** Baby is 18 mos old; daughter is off Lexipro, and life is good for all! We are blessed.

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