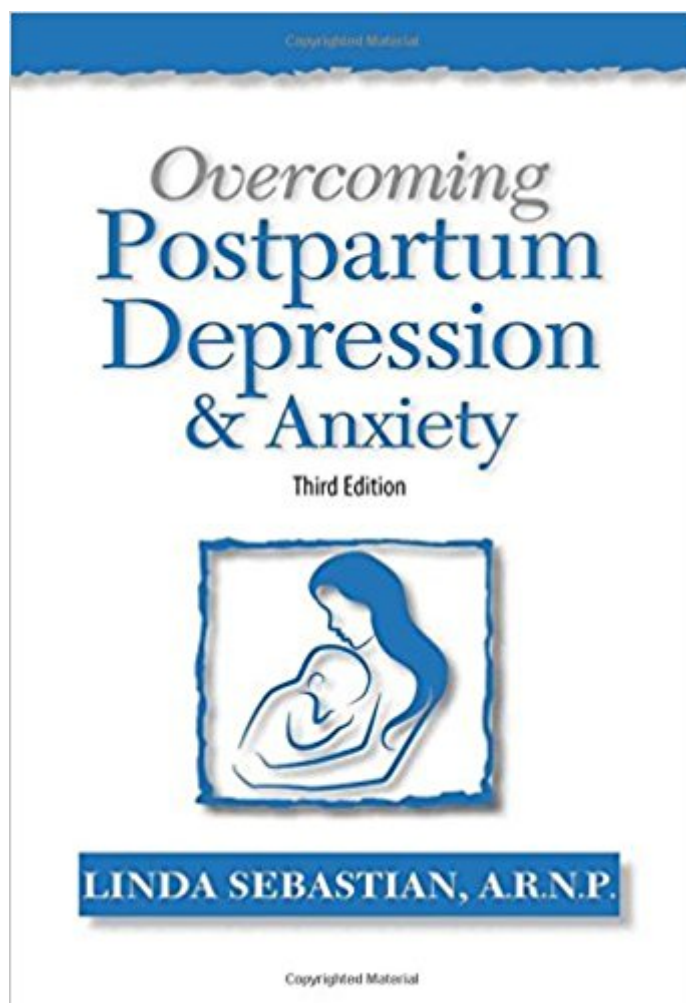


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# Overcoming Postpartum Depression And Anxiety



## Synopsis

Every year nearly 400,000 women face postpartum disorders. Postpartum depression is the most common complication of pregnancy, yet few understand it or are prepared to deal with it. This book examines the symptoms, causes, and treatment of postpartum depression. Topics covered include: risk factors for postpartum disorders, effects of a mother's depression on her baby, how medications and psychotherapy can help, mental health treatments and medications, and emotional support for new fathers.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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## Customer Reviews

Linda Sebastian has been a psychiatric nurse for twenty-five years. She is the author of numerous professional journal articles and has been a featured speaker in the United States and China. She lives in Fort Myers, Florida.

This book is a must-read for any woman struggling with a perinatal mood disorder and the professionals who treat them. As a therapist who specializes in maternal mental health, this book provides me with the most up-to-date information in a field that is ever-changing. Linda Sebastian has dedicated her career to helping women who have struggled with these issues and it shows. She is compassionate and writes in a way that is straightforward and clear. She helps women to understand that they are not alone and provides them with hope for the future. This book gives the

reader the most relevant information regarding diagnosis and treatment and offers techniques that can be used immediately. It is an invaluable guide for any therapist working with this population.

The first edition of this book was excellent, but this third edition is even more comprehensive. There is new content reflecting the increase in knowledge since the first book was published. It continues to be a very helpful resource to women and their families, and to health professionals like me. This is by far the most user-friendly and helpful book for women having mood and anxiety disorders during pregnancy or after delivery.

My second book from this author - highly educational and well written.

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Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
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