



Conquering Postpartum Depression: A Proven Plan for Depression

Ronald Rosenberg, Deborah Greening, James Windall

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A range of negative emotional reactions -- categorized as postpartum depression -- hits over 400,000 new mothers each year, & 8 in 10 women will experience some kind of mood alteration during or following pregnancy. This plan for beating postpartum depression provides you, your partner, & your family with specific, healing steps on: the medications -- from alternative therapies to prescribed anti-depress. -- you can take during pregnancy & after childbirth, even while breastfeeding; why getting counseling should be part of your recovery, & advice on choosing the kind that's right for you; tips for postpartum parenting; & the ways in which your partner may also be suffering a form of postpartum depression & what can be done about it.

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