

COMPLETELY REVISED and UPDATED SECOND EDITION

This Isn't What I Expected

"A thorough description of postpartum emotional problems and their treatment can be found in [this] comprehensive book..."—Jesse E. Brody, New York Times



overcoming postpartum depression

**KAREN R. KLEIMAN, MSW, LCSW and
VALERIE DAVIS RASKIN, MD**

Karen R. Kleiman

This Isn't What I Expected: Overcoming Postpartum Depression



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Compiled by two postpartum professionals, a definitive guide providing compassionate support and solid information on dealing with every aspect of Postpartum Depression (PPD). This proven self-help system, which may be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize if you want professional help, cope with lifestyle, and recover with brand-new strength and confidence. In the event that you or someone you like is one of the one in seven females stricken by PPD, you understand how hard it is to get real help. Figure out how to: Identify the symptoms of PPD and differentiate it from "baby blues" Deal with anxiety attacks, obsessive-compulsive urges, and tension overload Break the cycle of shame and bad thoughts Mobilize support from your own husband or partner, family members, and friends Seek and evaluate treatment options Cope with the disappointment and loss of self-esteem



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Great book. After my third delivery I felt therefore .. Not more misunderstandings people!. After my third delivery I felt so crazy. I didn't understand all of the emotions and feelings I was having. Reading this publication provided me coping mechanisms and helped me recognize my way of thinking. I felt hopeful and could really relate to everything the writer wrote about.. I still go back and reread the authors suggestions and ideas to overcoming postpartum despair.what in the heck. It was nothing new or revolutionary that I hadn't read somewhere else (on-line or another book), but it was a well-written, easy to navigate guide for anyone struggling with the disorder or caring for someone with the disorder. It definitely helped give me hope and direction in some dark times. In addition, it led me to Postpartum Major depression International - a great site that suggested a therapist in my area. She was great and had actually struggled with PPD herself (and overcame it) that was so comforting if you ask me. Five Stars This book has been very encouraging if you ask me in my postpartum time. This helped me therefore much through my darkest times. This book really helped me get there. A must for anyone suffering from PPD This book may have quite literally saved my life. She has a great writing style that makes you experience like she is talking to you during a therapy session!? The information on different medicines and which we're regarded as secure for breastfeeding was also very helpful. An extremely detailed, comprehensive publication and an important tool to have within the treatment process... I want help. She then recommended this book! Amazingly Helpful Book Karen Kleiman's books are always well researched and created for the PPD mother! I was in denial for a long, very long time about the PPD and PPA I was suffering with. Will recommend this book to other mothers who maybe encountering postpartum depression, to allow them to know what options can be found to them.... I highly recommend this publication to any woman with postpartum unhappiness or any relative who has a loved one dealing with. It was a PPD full circle :) As you can plainly see, I can smile today and feel 100% better at 7 weeks postpartum. Awesome read!? Highly recommend! Postpartum depression is looked at as becoming shameful, but I liked how they portrayed it as something that a whole lot of moms have experienced. Nice Great book to have Four Stars Helpful This book literally has its first page as page #15 . Returning and NOT reordering. This book helps me a whole lot! This book helped me a lot to know what was happening to me, I recommend it a lot through the postpartum period. Very great read! A must read in the event that you or someone you like has ppd or ppa This is an excellent book with practical tools to help you through the devastation of postpartum major depression and/or anxiety. Wonderful book. This book literally has its first page as page #15. This book is also great for loved ones who aren't sure how to help a struggling fresh mom. I recommend this book to any kind of woman with postpartum unhappiness or . I experienced validated and completely normal. A great overview of PPD I came across this book extremely comforting and helpful while struggling with PPD and PPA. I highly recommend this book....!!! Very informative!??? Seeing the words written in writing that confirmed I was experiencing a real illness, with genuine symptoms offered me the courage to make the contact to my OB.? May be helpful It had interesting parts but often I found it to be a little too boring to remain focused.



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