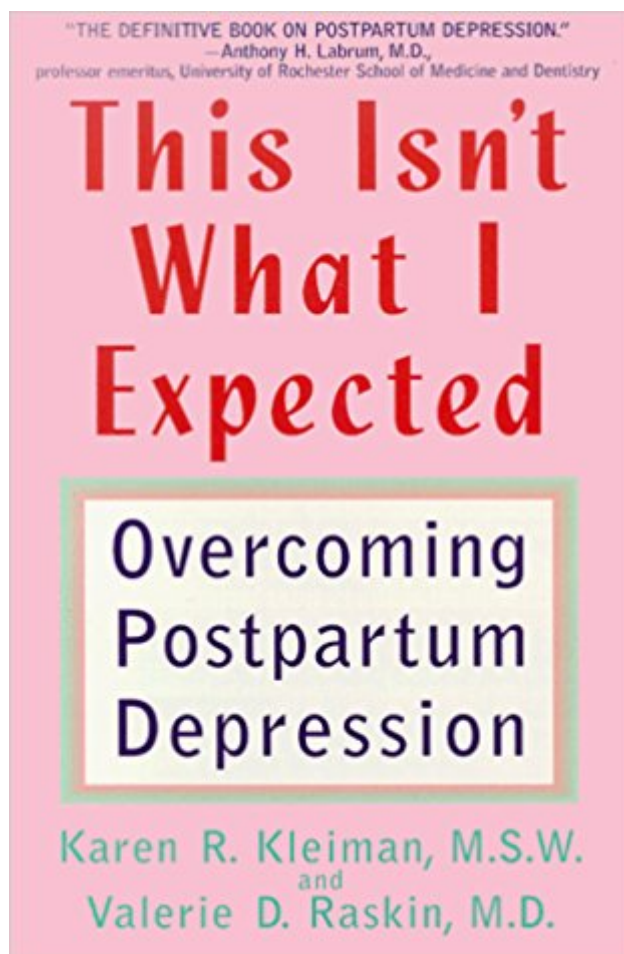


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# This Isn't What I Expected: Overcoming Postpartum Depression



## Synopsis

A major addition to both maternity and psychology literature, here is a guide to self-help and professional treatment of postpartum depression--one of the most misunderstood and misdiagnosed mental illnesses. The authors debunk the myths surrounding PPD and provide compassionate support and solid advice for women with PPD.

## Book Information

Paperback: 320 pages

Publisher: Bantam; 1 edition (August 1, 1994)

Language: English

ISBN-10: 0553370758

ISBN-13: 978-0553370751

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

Best Sellers Rank: #442,871 in Books (See Top 100 in Books) #27 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #523 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #720 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

## Customer Reviews

"A thorough description of postpartum emotional problems and their treatment can be found in a comprehensive new book....(It) includes a very valuable chapter on how husbands can help their wives when postpartum depression overcomes them."--Jane Brody "At long last, mothers and families suffering postpartum depression have a book of hope."--Nancy Berchtold, founder and director, Depression After Delivery

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What a storm it has been! My baby is 13 months old and I have PPD. She is my second child. This

has been the most awful experience of my life, as my PPD was pretty severe. This book helped me to understand all of the symptoms and stages of PPD. The book is very detailed, yet easily understood. One night I was searching for books on the subject and found this jewel. I read it daily as it reassures me throughout my recovery.

Overcoming post partum is not an easy task. This book really helps. It lets u know that u are not alone and helps put things in perspective. The reason I knocked it a star is simply because while it was helpful it did lack support on my case.

Definitely a must read if struggling or know someone struggling with PPD

Arrived very quickly and in very good condition. Very practical and helpful information on such an important and very real happening for most new mothers.

This is probably the best book on the subject that I have ever looked at. My original copy walked away so I ordered this as a replacement. It was exactly as described by the add in , and came quite quickly. I wont hesitate to use this service again.

This book was a definite godsend. I agree with another reviewer that it will not help you to resolve severe PPD, but it will definitely let you know if you need professional help. The exercises are helpful in resolving issues that may be contributing to PPD and the explanations are comforting and supportive. This book let me know that I couldn't do it on my own, that it is not normal to be worried and crying all the time and that I deserve to be happier, which is easier said on this side of PPD. You will not regret buying this book.

I got this for a friend of mine who was having a tough time as a new mom. She said that this was really helpful and it got her through the worst of it and helped her talk to her husband about it.

You must read this book if you even think you might have post partum. I realize now that I "only" had the baby blues, but it helped me deal with some of the new mommy issues I was facing. So glad I bought it.

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