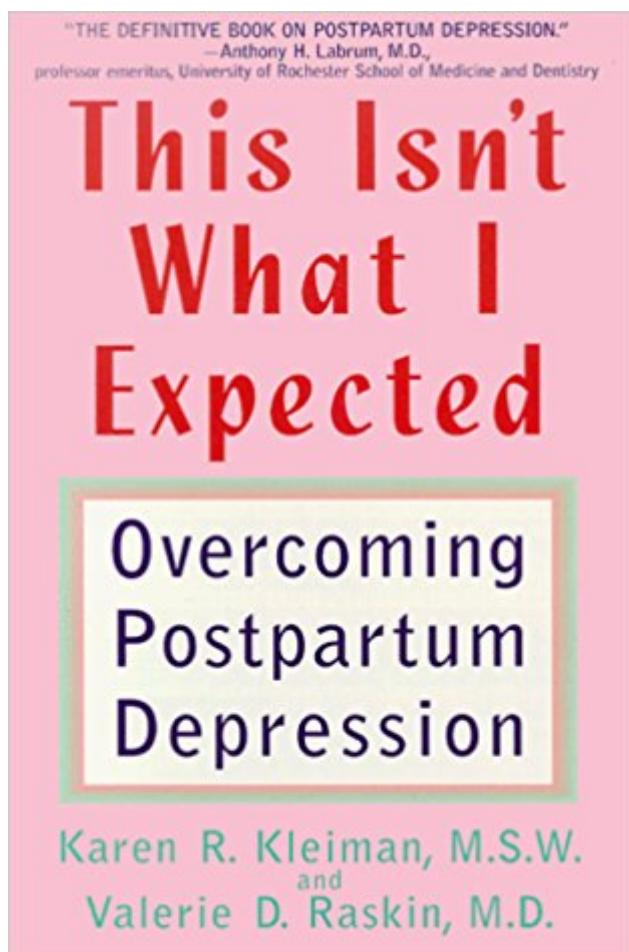


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# This Isn't What I Expected: Overcoming Postpartum Depression



## **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**

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## **Customer Reviews**

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.

I suffered from PPD/OCD 2 years ago...This is the wonderful book that helped me through a very difficult time in my life. This book is so informative from recognizing your symptoms to coping strategies to finding the right help. The list of medications and possible side effects were more helpful then any information I received from my own physician. The individual stories give you comfort in letting you know that you are not alone in this illness. The book makes you realize that this is a very treatable condition and the way you are feeling is temporary...It helped me jump in the shower, get dressed and put makeup on even if I was staying in all day...it make me feel better

about myself....I was able to explain to my husband what I was going thru from the understanding I received from reading this book... I would recommend it to anyone out there...Thank you for writing this wonderful book and for understanding this condition..

I love this book! It gave me so much insight on PPD and all the different ways I could help myself and get the professional help I needed. It also helped regain my relationship with my husband! I would recommend this book to every woman who is pregnant. It's good to know what to look for as far as symptoms go, that way you can get help sooner. I was in denial for several months thinking I would "snap out of it". This IS an illness, and can be treated!! I still have bad days, but they are fewer and farther between. On the bad days I just pick up this book and go to one of the earmarked pages on self help therapy and within a few minutes (instead of hours of crying) I'm feeling better. If you even THINK you might have PPD this is the book to read! It's also great to give to someone who is in denial...they might not appreciate it at the time, but will love you for it later! Good luck to all those women out there going through PPD right now!!!!

In early 2000 after being diagnosed with PPD, this book was recommended to me by some gals on an AOL board who also suffered from PPD. I bought the book from right away, when I received it in the mail I started reading and I could not put it down. Now (2 years later), I still keep the book handy for referrance...I recommend this book to anyone suffering with PPD and even the baby blues.

I had an awful time with PPD and would have NEVER fully recovered if it weren't for Karen's book!...It was a life saver. I must say, the section for the spouses is TERRIFIC!! My husband was able to help me in so many ways. THANK YOU KAREN!!

This book does a good job of discussing the range of postpartum mood disorders. I found their suggestions helpful in handling my PPD after the birth of my first child. However, the authors do not really address severe cases of PPD.

After the birth of our second baby, I was over the moon....I felt wonderful. I was thrilled to have a second daughter - another little princess. As it turned out, our little princess was colic and I suffered with sleep deprivation for one full year. At about 6 months after the baby was born I started to experience physical things I had never felt before in my life. It started with severe anxiety attacks and then after a couple of months the depression set in. Without question, the worst time in my life.

My mother picked up this book for me suspecting that I was experiencing symptoms of post partum depression. She was right - I was. This book became my therapy - I used myself first and foremost and my family & friends as the book encouraged me to do. This book helped me understand every symptom I was experiencing and how to deal with them. I could not have managed without this book. The knowledge gave me power to cope and I am forever grateful for it. My recovery is in full swing - thanks to this book. "This isn't what I expected" is invaluable to any mother who is dealing with symptoms of post partum depression. I thank the author for writing such a powerful book in helping women overcome PPD.

This book is a great help for anyone suffering from or anyone who thinks they may be suffering from postpartum depression. Get it right away!!

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