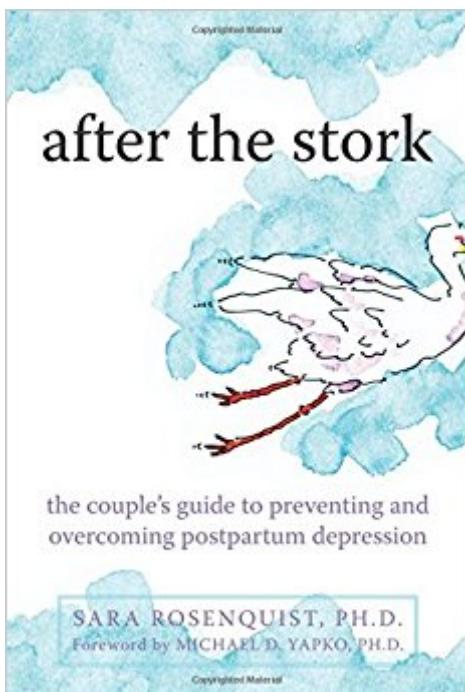


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# After The Stork: The Couple's Guide To Preventing And Overcoming Postpartum Depression



## Synopsis

A New Parent's Guide to Taking Charge of Postpartum Depression Having a baby is one of the most dramatic transitions you will ever make, both opening you to the greatest love you can experience and setting in motion a rollercoaster of emotions you never before thought possible. These feelings are affected significantly by psychological and social factors-in fact, studies reveal that nearly as many new fathers as new mothers exhibit symptoms of postpartum depression. Written by a clinical psychologist specializing in postpartum depression, After the Stork clearly explains this often misunderstood condition and offers a revolutionary approach to stopping depression in its tracks. You'll discover powerful tools for addressing the sleep deprivation, financial tensions, and stress that can cause depression to take hold, and finally be able to make more room for experiencing the joy of welcoming a new child into your life. You'll learn how to: Develop depression-busting habits of thought Reconnect to your family, friends, and community Reignite an intimate relationship with your partner Move past guilt and shame and step into your new role as a great parent

## Book Information

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## Customer Reviews

I'd be very careful with this book. It can be very helpful to some and very damning to others. I wouldn't recommend reading it if you are already in the depths of depression. I would recommend doing some more research, talking about this book with your mental health care professional, and remembering that this woman does not know YOU or your unique set of circumstances. Not everything she says applies to everyone. I saw a woman who was an expert in her field on one of

my unique illnesses, and after 50 min with her, I was suicidal for 3 days. Expertise in a topic doesn't mean expertise on you. I'm glad to see her address the issues of social factors in PPD but I heartily dislike her downplay of genetic factors and the inferences that biological response carries so little weight. She's gone too far in the opposite direction, in my opinion. But, since I am still in the throes of my third bout with PPD, and am bipolar (among other things) my reaction to this book may be biased. I don't own it, but I certainly would like to destroy my library's copy right now merely for its potential to do harm. Only because it has any potential to do any amount of good does this book rate any stars at all from me.

brief review--This book is cutting edge, not just for After the stork , but also for excellent help Before & During the stork. Research reports that having kids is the single greatest stress on a marriage , especially the first child. dr R. supplies vital , current , research-supported information , & how to use it to prevent & relieve parental disconnection & depression around becoming parents. I'm suggesting The Peoples Pharmacy ( 91.5 FM Saturdays at 7AM & repeated Sundays @ 3PM ) have her as a guest to discuss her book & practice . I've been a clinical psychologist in private practice for 4 decades , & always want folks to know re 1 of the relatively few genuinely helpful books & clinicians in our field. She's a very well trained , experienced specialist in all aspects of Reproductive Health & Sex Therapy. Clients who live close to see her in her Chapel Hill, NC office will likely be quite pleased w/ her expertise & personal manner.bob dick,PhD,AC ,CGP

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