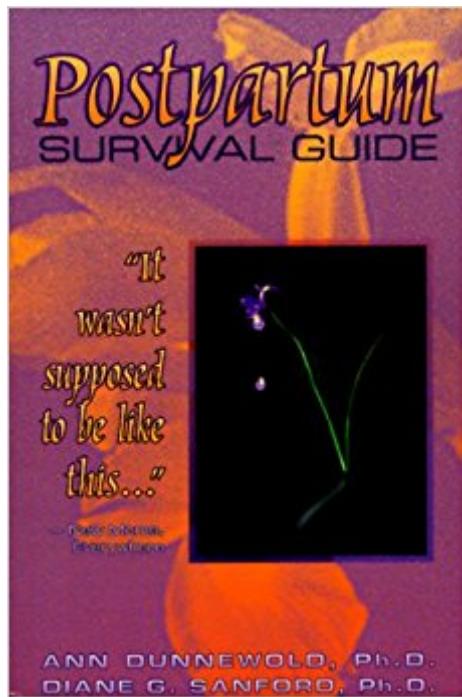


The book was found

Postpartum Survival Guide



Synopsis

Practical techniques for preventing & recovering from the entire spectrum of postpartum adjustment problems.

Book Information

Paperback: 200 pages

Publisher: New Harbinger Pubns Inc (August 1994)

Language: English

ISBN-10: 1879237806

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Product Dimensions: 1 x 5.8 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 starsÂ [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #1,953,440 in Books (See Top 100 in Books) #87 inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1359 inÂ Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #2827 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

All ob's should read and recommend this book to their patients suffering from post-partum depression. When I went through post-partum depression, this was the only book we could find on the subject. In fact, I gave my doctor his own copy! It was very comforting to read about new moms feeling just like I did, especially when one can think they are going crazy. I was also fortunate enough that one of the authors, Dr. Diane Sanford, lived in St. Louis. My doctor got me in to see her. With her help and her book, it probably saved my life.

This book is truly comprehensive, covering traditional and alternative family situations, medication options, causes, symptoms, solutions, and the range of postpartum reactions (from "baby blues" to psychosis). It's got helpful references and resources at the back of the book. There's also a risk profile questionnaire, a chapter for dads/partners, and a number of case studies. The only thing I would fault this book on, and I consider this to be a major flaw, is that *it doesn't have an index*. That's why I give it four stars instead of five. Still, it's a very helpful manual for moms, their mates, and their care providers.

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