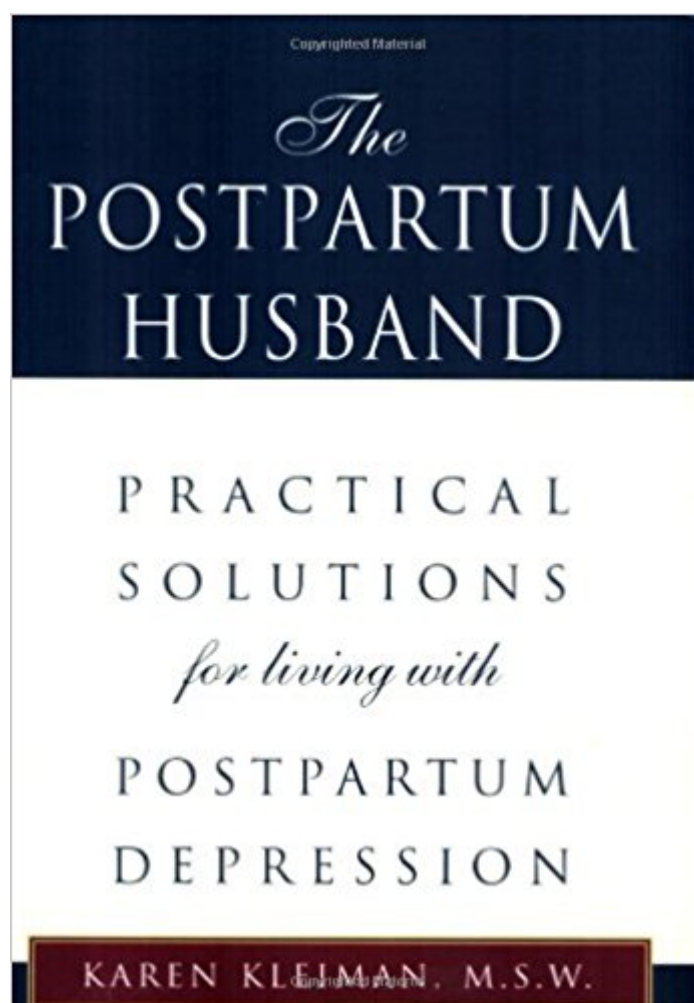


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# The Postpartum Husband: Practical Solutions For Living With Postpartum Depression



## Synopsis

This hands-on guide includes straightforward, supportive information and specific recommendations to help partners deal with the impact of depression after the birth of a baby.

## Book Information

Paperback: 149 pages

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Average Customer Review: 4.0 out of 5 stars 30 customer reviews

Best Sellers Rank: #200,751 in Books (See Top 100 in Books) #9 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #70 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology](#) #190 in [Books > Health, Fitness & Dieting > Men's Health](#)

## Customer Reviews

Kleiman is a licensed clinical social worker and founder and director of the Postpartum Stress Center near Philadelphia, Pennsylvania, where she treats women with postpartum depression and their families. She graduated in 1980 from the University of Illinois at Chicago with a Master's Degree in Social Work.

If you're looking for a quick "check in the box" read, this is it. Very shallow with no complex explanations. Not a single footnote in the entire book. Makes me think it was either written assuming husbands are uneducated or lazy and just want an easy solution. Choose the book because it was one of the few written on the topic but now I realize I'm going to have to do much more detailed research.

Every PPD husband must use this valuable resource. if you know if any woman walking through PPD, PLEASE give her spouse a copy of this,resource so he may understand how traumatic PPD may be on his wife and how he can assist her and ensure only supportive family members and friends help out with caring for her. I wish my husband would have had this resource. what a huge

difference it may have made. I am using my PPD Journey to help with other mothers walking through this extremely challenging journey by being a PP Doula in hopes of saving other marriages.

An eye opener for those who have no clue. Help not only the husband but other family members to understand.

Amazing book! Not only for husbands but women effected by post partum. Highly recmmend.

Recommended by my doctor. Great info. Very beneficial for husbands to understand how to help you through postpartum.

A bunch of bullet points. No flow, little empathy or sympathy. No attempt to guide how to make the marriage work after PPD. More of a 'either your marriage is finished or maybe not attitude'.

This was so helpful for me. Bullet point for my husband. I could highlight things for him and give the even more condensed version of how to support me through PPD. Some editing mistakes but overall a great resource.

If you are worried about postpartum affecting or is already affecting your family this is a great point form resource. Can be read in an afternoon so you can get started on a plan for recovery. Talks about all aspects of the effects of this disease.

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