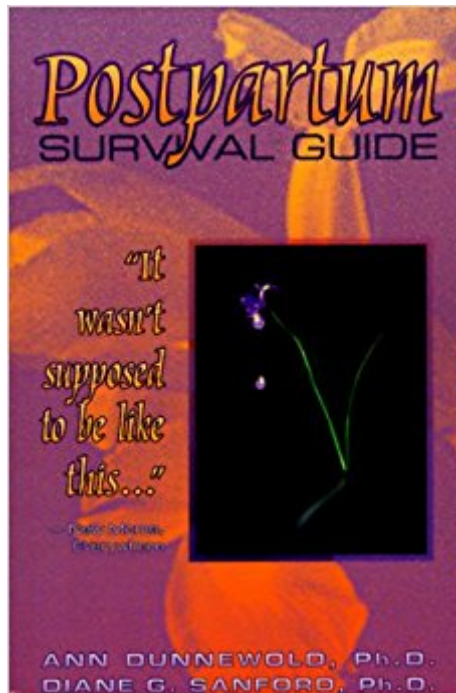




The book was found

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

ISBN-13: 978-1879237803

Product Dimensions: 1 x 5.8 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #976,796 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #615 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #1458 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

Customer Reviews

About 50 to 80 percent of new mothers experience some postpartum blues, some ten to 20 percent have longer-lasting postpartum reactions, and about one or two in a thousand experience postpartum psychosis. Providing an important resource for expectant and new mothers, the authors outline various types of postpartum reaction. Board members of Postpartum Support International, psychologists Dunnewold and Sanford offer a psychobiological explanation for both "normal" and pathological reactions, discuss factors that predispose mothers toward a severe reaction, and provide a good deal of information about when, where, and how to get help. By deromanticizing our conception of new motherhood, this book will help women evaluate their negative reactions more realistically and get appropriate help when necessary. Though the book is at times repetitive, the information is extremely useful. Highly recommended. Bonnie Hoffman, Stony Brook, N.Y. Copyright 1994 Reed Business Information, Inc.

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.

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.

[Download to continue reading...](#)

Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) The Postpartum Husband: Practical Solutions for living with Postpartum Depression Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Postpartum Survival Guide Outdoor Survival: The Ultimate Outdoor Survival Guide for Staying Alive and Surviving In The Wilderness (2nd Edition) (Prepping, Camping, Survivalism, ... Handbook, Survival Blueprint Book 1) Homemade Survival Weapons: The Ultimate Guide To Survival Weapons, Tools And Skills - Discover Amazing Lessons To Creating Effective Weapons For Survival And Self-Defense! WINTER SURVIVAL COURSE HANDBOOK, SURVIVAL MANUAL, SURVIVAL GUIDE Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival (Survival Fitness Series Book 4) The U.S. Navy SEAL Survival Handbook: Learn the Survival Techniques and Strategies of America's Elite Warriors (US Army Survival) After the Baby's Birth: A Complete Guide for Postpartum Women Your Healthy Pregnancy with Thyroid Disease: A Guide to Fertility, Pregnancy,

and Postpartum Wellness After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression
Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period
Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth
Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period
Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)