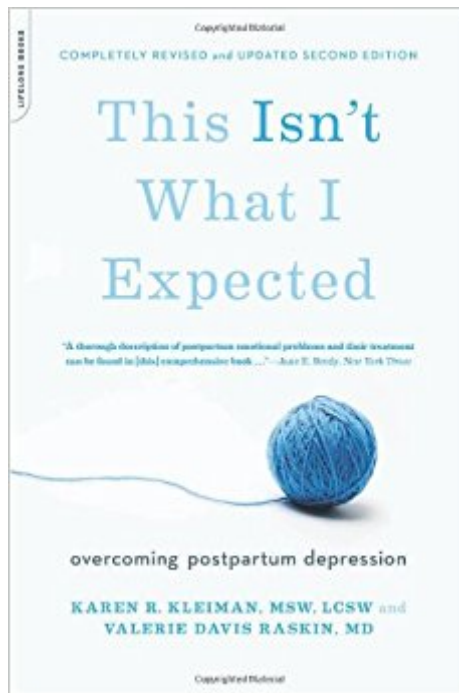


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# This Isn't What I Expected [2nd Edition]: Overcoming Postpartum Depression



## Synopsis

"Will I ever feel like myself again?" "Why am I so sad and irritable all of the time?" "Will my wife ever be like she used to be?" "Why didn't anyone tell us to expect this?" If you or someone you love is among the one in seven women stricken by PPD, you know how hard it is to get real help. In this definitive guide, postpartum experts Karen Kleiman and Valerie Davis Raskin offer compassionate support and solid advice on dealing with every aspect of PPD. Their proven self-help program, which can be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize when you need professional help, cope with daily life, and recover with new strength and confidence. Learn how to: Identify the symptoms of PPD and distinguish it from "baby blues" Deal with panic attacks, obsessive-compulsive urges, and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner, family, and friends Seek and evaluate treatment options Cope with the disappointment and loss of self-esteem

## Book Information

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (14 customer reviews)

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## Customer Reviews

I found this book very comforting and helpful while struggling with PPD and PPA. It was nothing new or revolutionary that I hadn't read somewhere else (online or another book), but it was a well-written, easy to navigate guide for anyone struggling with the disorder or caring for someone with the disorder. It definitely helped give me hope and direction in some dark times. It also led me to Postpartum Depression International - a great site that recommended a therapist in my area. She was fantastic and had actually struggled with PPD herself (and overcame it) which was so

comforting to me. She then recommended this book! It was a PPD full circle :) As you can see, I can smile now and feel 100% better at 7 months postpartum. This book really helped me get there.

Not only does the title echo the very sentiment that kept going through my head, but her easy writing manner and the caring tone of the book helped me feel comfortable thinking about PPD... still a very hush hush and taboo topic in today's world. I recommend this book to every new mother that I know and to everyone that knows a new mother. Good advice and practical suggestions that make women feel empowered to overcome PPD. You will feel better.

Karen Kleiman's books are always well researched and written for the PPD mother! She has a great writing style that makes you feel like she is talking to you during a therapy session! Highly recommend!

This book may have quite literally saved my life. I was in denial for a long, long time about the PPD and PPA I was suffering with. Seeing the words written on paper that confirmed I was suffering from a real illness, with real symptoms gave me the courage to make the call to my OB. The information on different medications and which we're considered safe for breastfeeding was also very helpful. A very detailed, comprehensive book and an important tool to have as part of the treatment process.

This was very helpful as I was trying to overcome my PPD/OCD. I recommend reading it, especially if you can't see a therapist.

No other author has quite the expertise as Ms. Kleiman. I love her writing style and down-to earth approach. Definitely a must read for the postpartum population!

Delivery was on time and the book content is excellent!

Yes, I received the item in the appropriate time and condition as stated.

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