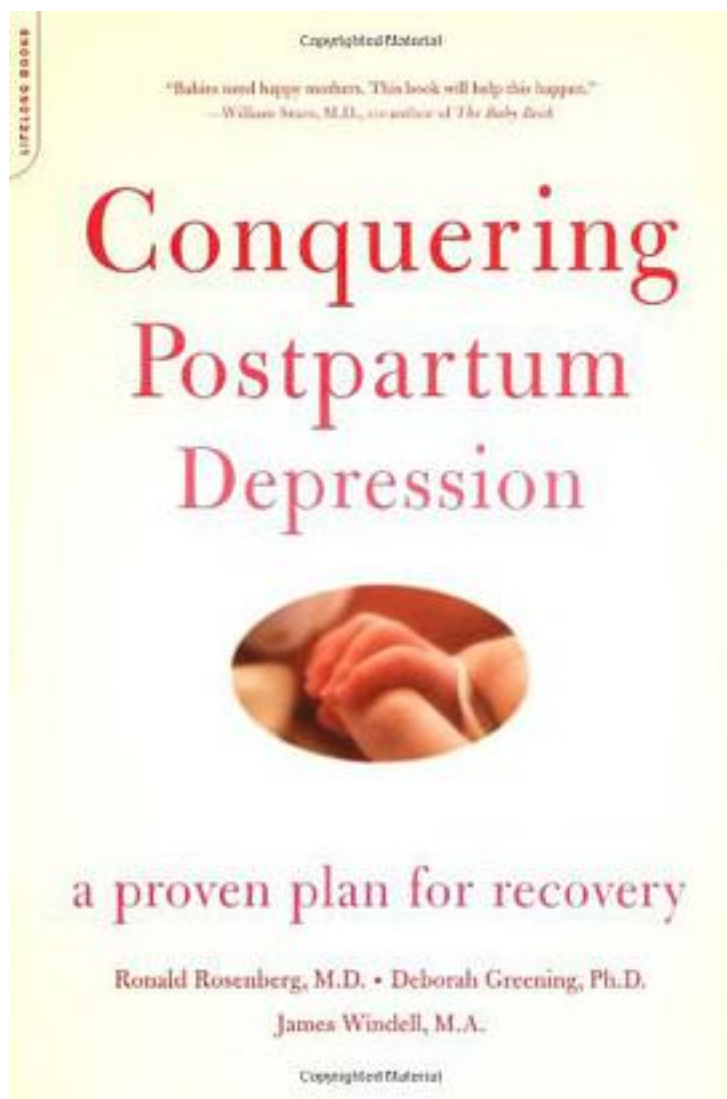


Conquering Postpartum Depression



[Conquering Postpartum Depression_下载链接1](#)

著者:Ronald, M.D. Rosenberg,Deborah, Ph.D. Greening,James Windell

出版者:Perseus Books Group

出版时间:2004-6

装帧:Pap

isbn:9780738209517

A groundbreaking, multi-disciplinary approach to understanding, treating, and overcoming postpartum depression. Although more than 400,000 new mothers this year will experience some degree of Postpartum Depression--tears, anxiety, and depression--PPD remains largely misunderstood and mistreated. Indeed, most obstetricians routinely refer depressed new mothers to psychologists, a simplistic single-therapy approach that often falls short of curing the patient. Based on the authors' research and unique, highly successful treatment approach, Conquering Postpartum Depression outlines a multidisciplinary action plan for beating PPD. Recommending a combination of group or individual talk therapy and new-parent counseling--and in some cases the safe use of antidepressants even while pregnant or breastfeeding--the authors explain the genetic factors and pre-existing conditions that can contribute to PPD. Helping PPD mothers bond with their new children, and explaining how husbands also suffer forms of postpartum depression, Conquering Postpartum Depression promises to be the book that new mothers reach to for authoritative and reassuring counsel.

作者介绍:

目录:

[Conquering Postpartum Depression 下载链接1](#)

标签

评论

[Conquering Postpartum Depression 下载链接1](#)

书评
