

Understanding Your Moods When You're Expecting



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From a nationally recognized medical expert, a book as essential to a woman's emotional health during pregnancy as *What to Expect When You're Expecting* is to her physical health. Having a baby presents unique challenges for mothers both physically and psychologically, yet the mental health aspect of maternity is rarely given its due. As an advocate for women's reproductive health, Dr. Lucy Puryear is changing that. In this informative, reassuring book, Puryear examines the emotional health issues associated with pregnancy and postpartum, providing an indispensable resource for expectant parents and for those who wish to become pregnant. Puryear examines the whole range of emotional experience, from planning a pregnancy to the hormonal and psychological changes that occur during each trimester of pregnancy, labor and childbirth, and the months following the birth. Through engaging personal stories, she reveals common emotional responses, doubts, and anxieties. She also presents expert advice on practical concerns, such as preparing an effective birthing plan and bringing home a newborn, and offers candid discussions of specific health issues, such as making decisions about medication during pregnancy and dealing with eating disorders, OCD, and postpartum depression. This is a useful and necessary addition to anyone's pregnancy bookshelf.

作者介绍:

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