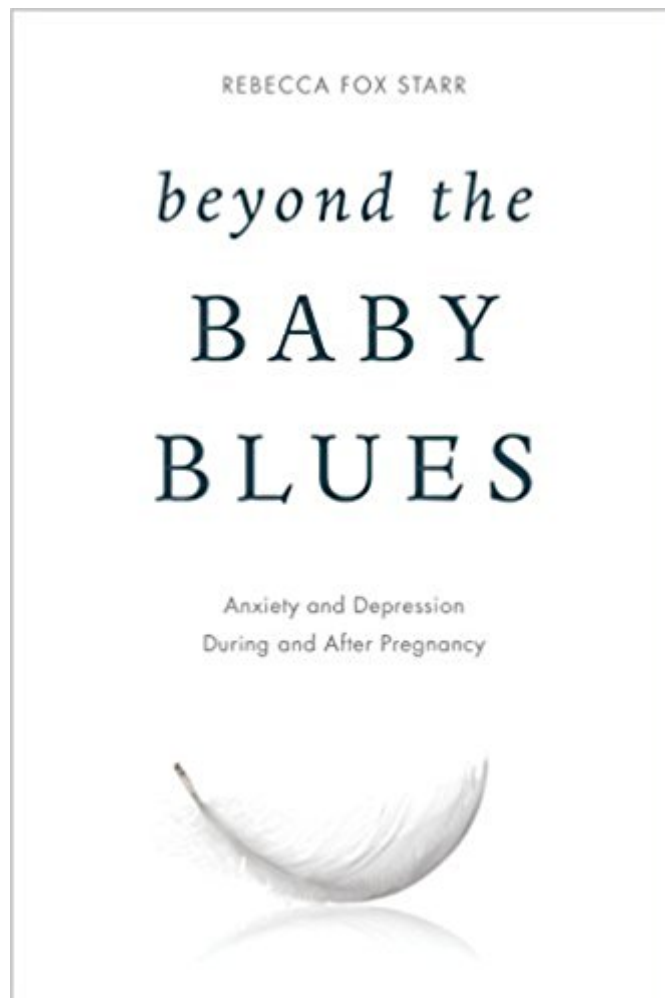




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Beyond The Baby Blues: Anxiety And Depression During And After Pregnancy



Synopsis

Most people have heard of post-partum depression. What many people do not know is that anxiety and depression can be experienced during pregnancy, as well, and the impact can be both debilitating and devastating. This book is a unique combination of one woman's story of her struggle with perinatal distress and actionable advice from a professional in the field. Rebecca Fox Starr shares her personal story of marriage, motherhood, prenatal anxiety and depression, severe postpartum anxiety and depression, recovery process and hope for the future. Woven throughout the narrative, Dr. Amy Wenzel, a specialist in the field of Perinatal Mood Disorders, provides readers with clinical information and advice, addressing risk factors, warning signs, definitions and recovery options. Stories from other women who experienced prenatal anxiety or depression are included as well. No longer do women have to suffer in silence, question their mental symptoms, or try to hide their feelings. Here, readers will see themselves in the narrative and understand that the devastating effects of prenatal and post-partum depression can be confirmed, treated, and managed, giving them hope for a brighter future.

Book Information

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Customer Reviews

This highly readable and compelling book tells the poignant story about the struggles and triumphs of the author's journey from severe perinatal and postpartum anxiety and depression to health. Along the way it offers sound advice for dealing with this treatable condition and includes the stories of other peri- and postpartum mothers as well. (Judith S. Beck, Beck Institute for Cognitive Behavior Therapy) This book brings urgent attention to the debilitating mental health challenges that can be

experienced by pregnant women. As many barriers to treatment currently exist, we are grossly underserving this most vital population. The only way to ensure that fewer women suffer in silence is to minimize the stigma around this topic and this book helps us to take a promising stride in that direction. Starr beautifully weaves together the personal and the factual, allowing the reader to simultaneously learn and understand what this journey can entail. By sharing the story of how she fought for her life, Starr is casting out a lifeline that may save others fighting for theirs. (Jessica Rutstein Lazarus, PsyD)

Rebecca Fox Starr is a writer, blogger, podcaster and mental health advocate with an unyielding desire to help other mental health sufferers. Among her greatest accomplishments, Rebecca has used the success of her blog, Mommy, Ever After, to create a private, online forum for women, in which they are able to open up about psychological and social issues that they would otherwise be too afraid to address. Her story has been featured in The New York Times, on ABC News and in all forms of media across the world. Rebecca lives and writes with her husband and two children in the suburbs of Philadelphia. Mommy, Ever After blog can be found at www.MommyEverAfter.com.

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