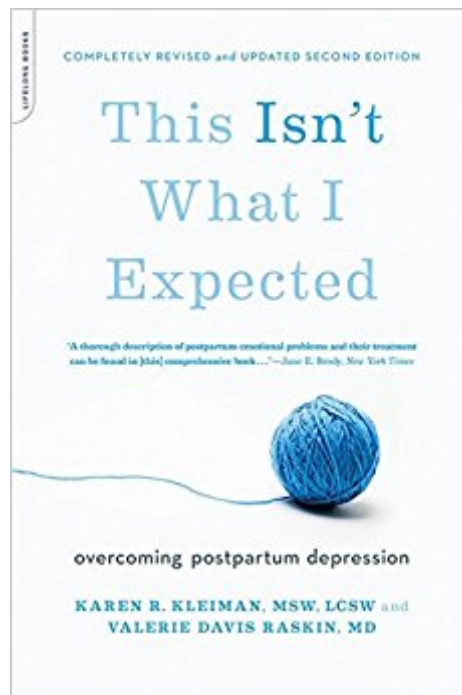




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# This Isn't What I Expected [2nd Edition]: Overcoming Postpartum Depression



## Synopsis

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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## Customer Reviews

InfoDad.com, 11/7/13 "A thorough discussion of psychological and physiological factors involved in PPD, with advice on what to do to overcome it." InfoDad.com, 11/7/13 "A thorough discussion of psychological and physiological factors involved in PPD, with advice on what to do to overcome it." BookViews Blog, 12/31/2013 "Anyone encountering [post-partum depression] or who knows someone encountering it should definitely read [this book]." Protoview "Kleiman, a social worker who runs a treatment and training facility for prenatal and postpartum depression and anxiety disorders, and Raskin, a psychiatrist, describe the physiological, psychological, and environmental factors

involved in postpartum depression and ways to overcome it."InfoDad.com, 11/7/13 A thorough discussion of psychological and physiological factors involved in PPD, with advice on what to do to overcome it. BookViews Blog, 12/31/2013 Anyone encountering [post-partum depression] or who knows someone encountering it should definitely read [this book]. Protoview Kleiman, a social worker who runs a treatment and training facility for prenatal and postpartum depression and anxiety disorders, and Raskin, a psychiatrist, describe the physiological, psychological, and environmental factors involved in postpartum depression and ways to overcome it. ""A thorough description of postpartum emotional problems and their treatment can be found in a comprehensive new book...[It] includes a very valuable chapter on how husbands can help their wives when postpartum depression overcomes them."Jane Brody InfoDad.com, 11/7/13 A thorough discussion of psychological and physiological factors involved in PPD, with advice on what to do to overcome it. BookViews Blog, 12/31/2013 Anyone encountering [post-partum depression] or who knows someone encountering it should definitely read [this book]. Protoview Kleiman, a social worker who runs a treatment and training facility for prenatal and postpartum depression and anxiety disorders, and Raskin, a psychiatrist, describe the physiological, psychological, and environmental factors involved in postpartum depression and ways to overcome it. "

Karen Kleiman, MSW, LCSW, an international expert on postpartum depression, is the founder of The Postpartum Stress Center. Her other books include"Dropping the Baby and Other Scary Thoughts"and"Therapy and the Postpartum Woman." Valerie Davis Raskin, MD, is a Regional Medical Officer-Psychiatrist with the United States Foreign Service. She was formerly Chief of the Psychiatry Service and the Hines Veterans Administration Hospital, where she worked in the Women's Health Clinic, and was cofounder of the Women's Psychiatry Service in the Department of Psychiatry at the University of Illinois College of Medicine at Chicago."

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.

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.

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 has been very encouraging to me in my postpartum time.

This is a wonderful book with practical tools to help you through the devastation of postpartum depression and/or anxiety. This book is also great for loved ones who aren't sure how to help a struggling new mom. I highly recommend this book.

Great read! I needed this for my Doula certification!

Delivery was on time and the book content is excellent!

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.

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