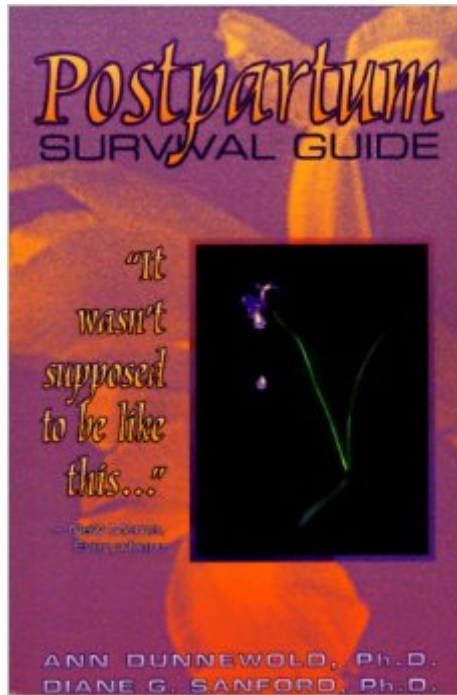


The book was found

# Postpartum Survival Guide



## Synopsis

Practical techniques for preventing & recovering from the entire spectrum of postpartum adjustment problems.

## Book Information

Paperback: 200 pages

Publisher: New Harbinger Pubns Inc (August 1994)

Language: English

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,953,440 in Books (See Top 100 in Books) #87 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #1359 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #2827 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

## Customer Reviews

All ob's should read and recommend this book to their patients suffering from post-partum depression. When I when through post-partum depression, this was the only book we could find on the subject. In fact, I gave my doctor his own copy! It was very comforting to read about new moms feeling just like I did, especially when one can think they are going crazy. I was also fortunate enough that one of the authors, Dr. Diane Sanford, lived in St. Louis. My doctor got me in to see her. With her help and her book, it probably saved my life.

This book is truly comprehensive, covering traditional and alternative family situations, medication options, causes, symptoms, solutions, and the range of postpartum reactions (from "baby blues" to psychosis). It's got helpful references and resources at the back of the book. There's also a risk profile questionnaire, a chapter for dads/partners, and a number of case studies. The only thing I would fault this book on, and I consider this to be a major flaw, is that \*it doesn't have an index\*. That's why I give it four stars instead of five. Still, it's a very helpful manual for moms, their mates, and their care providers.

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Postpartum Survival Guide The Washington Manual<sup>®</sup> Pediatrics Survival Guide (The Washington Manual<sup>®</sup> Survival Guide Series) Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression Natural Health after Birth: The Complete Guide to Postpartum Wellness After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care Providers Survival Handbook for Minecraft: Master Survival in Minecraft: Unofficial Minecraft Guide (MineGuides) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression What a Muslim Woman Should Know About Menstruation and Postpartum Condition The Mother-to-Mother Postpartum Depression Support Book Transformed by Postpartum Depression: Women's Stories of Trauma and Growth Down Came the Rain: My Journey Through Postpartum Depression This Isn't What I Expected: Overcoming Postpartum Depression Behind the Smile: My Journey out of Postpartum Depression Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Mothering Through the Darkness: Women Open Up About the Postpartum Experience Postpartum Depression For Dummies Sleepless Days: One Woman's Journey Through Postpartum Depression

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