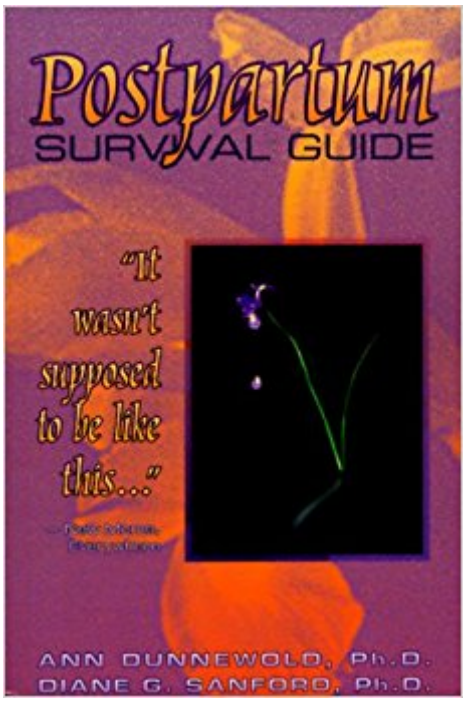
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Postpartum Survival Guide



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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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Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #976,796 in Books (See Top 100 in Books) #48 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #615 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #1458 inÃ Â Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

About 50 to 80 percent of new mothers experience some postpartum blues, some ten to 20 percent have longer-lasting postpartum reactions, and about one or two in a thousand experience postpartum psychosis. Providing an important resource for expectant and new mothers, the authors outline various types of postpartum reaction. Board members of Postpartum Support International, psychologists Dunnewold and Sanford offer a psychobiological explanation for both "normal" and pathological reactions, discuss factors that predispose mothers toward a severe reaction, and provide a good deal of information about when, where, and how to get help. By deromanticizing our conception of new motherhood, this book will help women evaluate their negative reactions more realistically and get appropriate help when necessary. Though the book is at times repetitive, the information is extremely useful. Highly recommended.Bonnie Hoffman, Stony Brook, N.Y.Copyright 1994 Reed Business Information, Inc.

This book is truly comprehehensive, 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.

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.

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