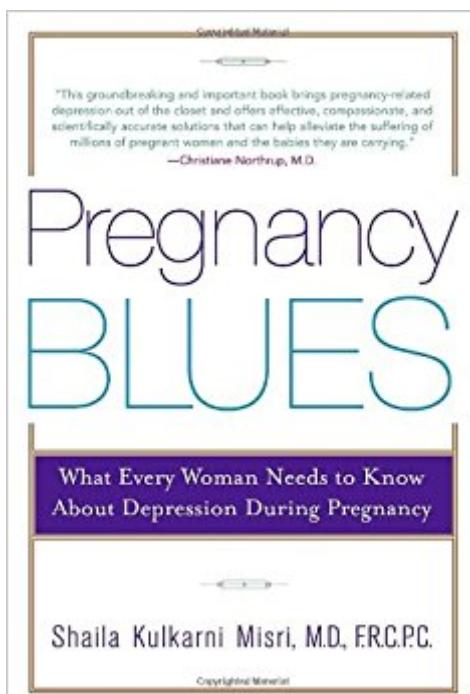


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# Pregnancy Blues: What Every Woman Needs To Know About Depression During Pregnancy



## Synopsis

It should be a time of joyous anticipation—âœthe happiest time in a woman’s life. But for many women, the joys of pregnancy are clouded by feelings of fear, sadness, and confusion. And unlike postpartum depression, which is widely portrayed in the media and embraced by the medical community, depression during pregnancy has been rarely discussed and often misunderstood—âœuntil now. In this groundbreaking book—âœthe first to focus exclusively on depression in pregnancy—âœDr. Shaila Kulkarni Misri, a leading reproductive psychiatrist, draws on her twenty-five years of clinical practice and research to offer hope, help, and healing—âœas well as a provocative, myth-shattering examination of a subject that has too long been shrouded in darkness. The numbers are surprising: up to 70 percent of pregnant women experience some degree of depressive symptoms, and of those, 12 percent meet the diagnostic criteria for major depression. Although it is at least as common as postpartum depression, which occurs after a child’s birth, pregnancy-related depression is often cloaked in silence, shame, and denial. *Pregnancy Blues* lifts the veil on this heartbreakingly—âœand very treatable—âœillness, examining the key social and biological factors that can come together during pregnancy to create a climate in which depression and anxiety thrive, as well as offering the many effective treatments that are available. Discover:—âœ How to recognize the signs and symptoms of depression—âœand know when to seek help—âœ The role of female hormones: why women are more vulnerable to depression than men—âœ How depression can “hide”—âœbehind physical complaints, such as back, stomach, or even chest pain—âœ The unspoken connection between infertility and depression—âœ The antidepressant controversy: the facts on specific drugs, their safety—âœand when medication is the right choice—âœ Breastfeeding and medication—âœ the risks and benefits Plus helpful self-tests and resources, information on alternative treatment options—âœfrom therapy to acupuncture—âœand much more. A work of daring and compassion, *Pregnancy Blues* challenges the underlying traditions and beliefs surrounding pregnancy and motherhood—âœand explores how those misconceptions have led to the drastic underdiagnosis and undertreatment of depression during pregnancy. A must-read for women and those who love them, *Pregnancy Blues* is at once an extraordinary roadmap to healing and an eye-opening report on a medical issue that no woman can afford to miss. From the Hardcover edition.

## Book Information

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## **Customer Reviews**

"This groundbreaking and important book brings pregnancy-related depression out of the closet and offers effective, compassionate, and scientifically accurate solutions that can help alleviate the suffering of millions of pregnant women and the babies they are carrying."--Christiane Northrup, M.D. From the Hardcover edition.

Shaila Kulkarni Misri, MD, Frcpc, is one of the leading reproductive psychiatrists in North America and is internationally recognized as a pioneer in women's mental health and reproductive issues. She is the founder and director of Reproductive Mental Health at both St. Paul's Hospital and BC Women's Hospital & Health Centre in Vancouver, and Clinical Professor of Psychiatry and Obstetrics and Gynecology at the University of British Columbia, Canada.

I love this book. There are others that have gotten awards for pregnancy and depression and I don't know why. This is the #1 book. It is written from a multi-cultural perspective. It is not fear based but filled with great information. I have not read any other book by anyone with as much experience as this author. She sees over 3,000 women a year in her Canadian based pregnancy depression clinic. She has so many resources to share. She treats depression as a regular normal health condition. She does not act like all medicine is bad. She does not make you feel evil for selecting to take care of yourself. She is just lovely. This book has a fantastic balance of clinical information - in easy to understand language and cultural nuances of birth and pregnancy. It really takes in the whole

person. I love this book. I wish I would have had it before I got pregnant or I would have had an easier pregnancy. I can't recommend this book highly enough.

This book made me more sad than not reading it. I think this book will work for some, it was just not my cup of tea.

My friend recommended this to me, and I began reading it about mid-way through my pregnancy. Instead of being informative, I found it very depressing! I decided to stop reading it and looked for more positive ways to address my depression, like exercise and visiting with friends. For those who enjoy lots of information and statistics, you may appreciate this book. I, however, did not find it useful.

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Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy

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(depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period

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