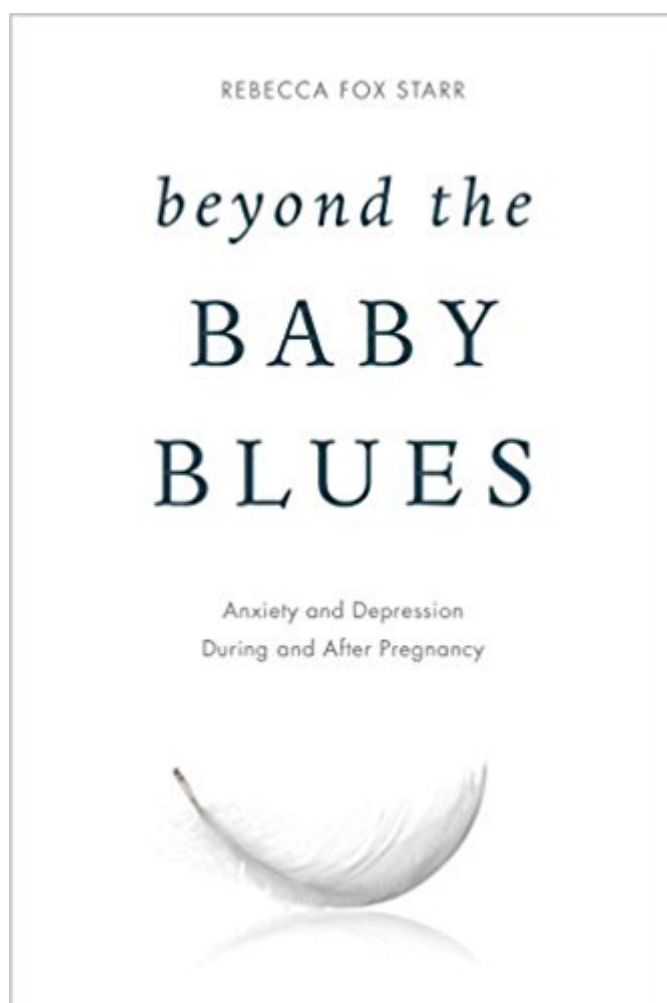


The book was found

# 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

Hardcover: 160 pages

Publisher: Rowman & Littlefield Publishers (January 8, 2018)

Language: English

ISBN-10: 1442273909

ISBN-13: 978-1442273900

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,721,056 in Books (See Top 100 in Books) #79 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #640 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology #1118 in Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology

## 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](http://www.MommyEverAfter.com).

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)  
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)  
Beyond the Baby Blues: Anxiety and Depression During and After Pregnancy  
Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
Congratulations On Your Baby Girl: An Adult Coloring Book for Maternity and Motherhood with Inspirational Baby Girl Quotes (Creative and Unique Baby ... to Provide Stress Relief During Pregnancy)  
Congratulations On Your Baby Boy: An Adult Coloring Book for Maternity and Motherhood with Inspirational Baby Boy Quotes (Creative and Unique Baby ... to Provide Stress Relief During Pregnancy)  
Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs

During Pregnancy and Lactation) Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)