



When Baby Brings The Blues: Solutions for Postpartum Depression

Ariel Dalfen

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A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery

A full 20 percent of new moms will be affected by PPD--but the good news is that PPD is very responsive to treatment. This guide, written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen, leads women out of the maze of depression, offering medical and psychotherapeutic options, practical lifestyle changes, and an impressive array of resources for further support.

Complete with a PPD diagnosis questionnaire, a treatment plan checklist, and a table of medications and side effects, this upbeat guide also includes daily affirmations used by Dr. Dalfen's own patients when recovering from PPD.

Dr. Ariel Dalfen (Toronto, ON) is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post-partum depression.

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From reader reviews:

Melissa Conner:

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love When Baby Brings The Blues: Solutions for Postpartum Depression, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Linda Sandoval:

It is possible to spend your free time to study this book this reserve. This When Baby Brings The Blues: Solutions for Postpartum Depression is simple bringing you can read it in the playground, in the beach, train along with soon. If you did not have got much space to bring often the printed book, you can buy the particular e-book. It is make you simpler to read it. You can save typically the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

Lisa Sullivan:

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Richard Graham:

In this particular era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to enjoy a look at some books. Among the books in the top list in your reading list is usually When Baby Brings The Blues: Solutions for Postpartum Depression. This book which is qualified as The Hungry Hills can get you closer in getting precious person. By looking right up and review this reserve you can get many advantages.

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