



Baby Blues Connection

PO Box 1122, Portland, OR 97207-1122, Phone: 503-797-2843 or 360-735-5571
Email: info@babybluesconnection.org Visit us online at www.babybluesconnection.org

Recommended Books

Perinatal Mood Disorders

This isn't What I Expected by Karen Kleiman & Valerie Raskin
Bantam Books, 1994

Pregnancy Blues by Shaila Kulkarni Misri
Delacorte Press, 2005

Mother Nurture by Rick Hanson, Jan Hanson & Ricki Pollycove
Penguin Books, 2002

Women's Moods by Debra Sichel & Jeanne Driscoll
William Morrow, 1999

Postpartum Depression and Anxiety: A Self-Help Guide for New Mothers
Pacific Postpartum Support Society, Vancouver B.C., 1994, 2001
To order call 604-255-7999 or www.postpartum.org

Mothering the New Mother, 2nd Edition by Sally Placksin
Newmarket Press, 2000

The Hidden Feelings of Motherhood, 2nd Edition by Kathleen Kendall-Tackett
Pharmasoft Publishing, 2005

What am I Thinking? Having a baby after Postpartum Depression by Karen Kleiman
Xlibris Corporation, 2005

Overcoming Postpartum Depression and Anxiety by Linda Sebastian
Addicus Books, 1998

Postpartum Survival Guide: It Wasn't Supposed to be Like This by Anne Dunnewold & Diane Sanford
New Harbinger Publications, 1994

Women's Bodies, Women's Wisdom by Christiane Northrup
Bantam, 1998

Postpartum Depression, Every Women's Guide by Sharon Roan
Adams Media Corporation, 1997

I Wish Someone Had Told Me by Nina Barrett
Fireside, 1990

When Words are Not Enough, The Women's Perspective for Depression and Anxiety by Valerie Raskin
Broadway Books, 1997

Conquering Postpartum Depression: A Proven Plan for Recover by Rosenberg, Greening, & Windell
Perseus Publishing, 2003

Books for Family Members

The Postpartum Husband by Karen Kleiman
Xlibris, 2000

Moody Blues: One Family's Journey Through Postpartum Depression by Tara Dupuis
Relationship Series Publishing Co., 2005 *Written for children*

Personal Stories

The Mother-to-Mother Postpartum Support Book by Sandra Poulin
Berkley Trade, 2006

Down Came the Rain: My Journey Through Postpartum Depression by Brooke Shields
Hyperion, 2005

Behind the Smile by Marie Osmond
Warner Books, 2001

Clinical Books

Postpartum Psychiatric Illness: A Picture Puzzle by James Hamilton & Patricia Harbarger
University of Pennsylvania Press, 1992

Postpartum Depression – A Comprehensive Approach for Nurses by Kathleen K. Tackett
Sage Publications, 1993

Evaluation and Treatment of Postpartum Emotional Disorders by Anne Dunnewold
Professional Resource Press, 1998

Beyond the Blues: A Treatment Manual by Shoshana Bennett & Pec Indman
Moodswings Press, 2002 *Available in Spanish, order at www.beyondtheblues.com*

Medications and Mother's Milk by Thomas Hale
Pharmasoft Publishing, updated yearly. *Available at www.ibreastfeeding.com*

Postpartum Depression & Child Development by Lynne Murray & Peter Cooper
The Guildford Press, 1999

Depression in Mothers: Causes, Consequences, and Treatment Alternatives by Kathleen K. Tackett
Hayworth Press, 2005

When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women by Penny Simkin
Classic Day Publishing, 2004

Postpartum Mood & Anxiety Disorders: A Clinician's Guide by Cheryl T. Beck
Jones & Bartlett Publishers, 2005