

Baby Blues Connection

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Visit us online at www.babybluesconnection.org

Suggested Reading List

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

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Suggested Reading List Continued

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