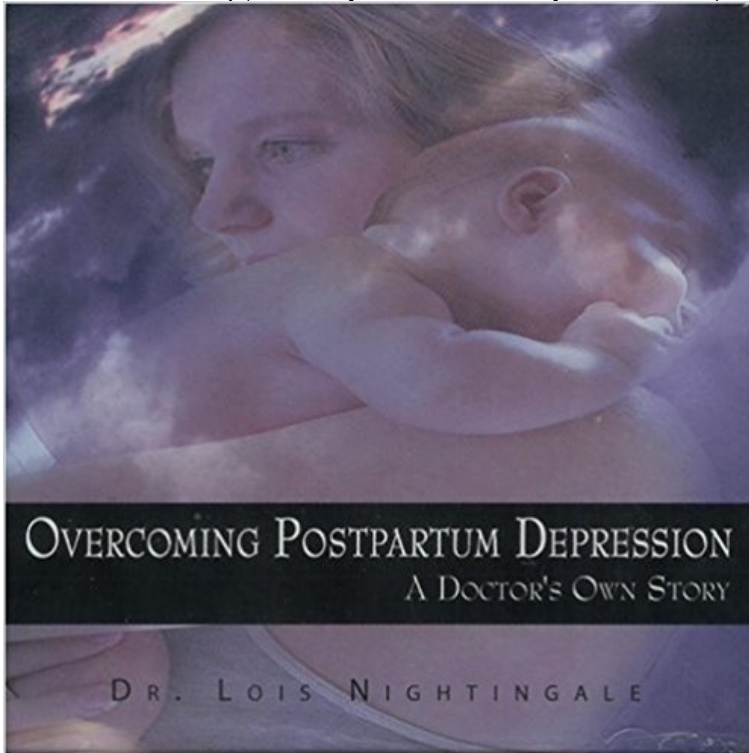


Overcoming Postpartum Depression, A Doctors Own Story



50 to 80% of all new mothers experience The Baby Blues; one out of ten are hit with Postpartum Depression, and one in a thousand have a severe illness called Postpartum Psychosis. Dr. Nightingale tells you how to tell the difference between these postpartum illnesses, what the symptoms are of each and what treatments are available. She gives an extensive list of 32 practical suggestions you can put into use today to start feeling better. A special section is also included where Dr. Nightingale guides new mothers through techniques to calm and center themselves.

Overcoming Postpartum Depression, a Doctors Own Story, is a comprehensive audio book addressing the symptoms, causes and treatment of Postpartum Depression. Included is Dr. Nightingales own story of her struggle with Postpartum Depression after the birth of her son, her recovery process and how she used her own experience and research to help other new families in their adjustment. This is an essential resource for any new mother who finds herself confused about her feelings after birth or for any friend or family member of a new mother experiencing difficulty in adjusting to motherhood.

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