



This Isn't What I Expected: Overcoming Postpartum Depression

Karen Kleiman, Valerie Raskin

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A major addition to both maternity and psychology literature, here is a guide to self-help and professional treatment of postpartum depression--one of the most misunderstood and misdiagnosed mental illnesses. The authors debunk the myths surrounding PPD and provide compassionate support and solid advice for women with PPD.

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