



Overcoming Postpartum Depression and Anxiety

Linda Sebastian

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Every year nearly 400,000 women—approximately 15 percent of all new mothers—face postpartum disorders. Postpartum depression is the most common complication of pregnancy, yet few understand it or are prepared to deal with it. This book examines the symptoms, causes, and treatment of postpartum depression. Topics covered include: risk factors for postpartum disorders, effects of a mother's depression on her baby, how medications and psychotherapy can help, mental health treatments and medications, and emotional support for new fathers.

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