



Recommended Books

For Perinatal Depression

Beck, C.T., Driscoll, J.W. (2006). *Postpartum mood and anxiety disorders: A clinician's guide*. Sudbury, MA: Jones and Bartlett Publishers.

Bennett, S. Ph.D., & Indman, P., Ed.D., M.F.T. (2006). *Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression*. San Jose, CA: Moodswings Press.

Cox, J., Holden, J. (2003). *Perinatal mental health: A guide to the Edinburgh Postnatal Depression Scale (EPDS)*. London, UK: Gaskell Publications.

Dalton, K. (2001). *Depression after Childbirth* (4th ed.). New York: Oxford University Press.

Misri, S. (2002). *Shouldn't I Be Happy: Emotional Problems of Pregnant and Postpartum Women*. New York: The Free Press.

O'Hara, M. et al. (1995). *Postpartum Depression: Causes and Consequences*. New York: Springer-Verlag.

Placksin, S. (2000). *Mothering the New Mother: Women's Feelings and Needs After Childbirth, a Support and Resource Guide*. New York: Newmarket Press.

Raskin, V., M.D. (1997). *When Words Aren't Enough: The Women's Prescription for Depression and Anxiety*. New York: Broadway Books.

Rosenberg, R., M.D., Greening, D., Ph.D., & Windell, J., M.A. (2004). *Conquering Postpartum Depression*. Cambridge, MA: Da Capo Press.

Sebastian, L. (1998). *Overcoming Postpartum Depression and Anxiety*. Omaha, NE: Addicus Books.

Venis, J.A., & McCloskey, S. (2007). *Postpartum Depression: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth*. New York: Marlowe & Company.



► Especially for Mothers

Blumfield, W. (1992). *Life after Birth: Every Woman's Guide to the First Year of Motherhood*. Element Books.

Dunnewood, A. & Sanford, D. (1994). *Postpartum Survival Guide*. Oakland, CA: New Harbinger Publications, Inc.

Kleiman, K., M.S.W., & Raskin, V., M.D. (1994). *This Isn't What I Expected: Overcoming Postpartum Depression*. New York: Bantam Books.

Mauthner, N. (2002). *The Darkest Days of My Life: Stories of Postpartum Depression*. Cambridge, MA: Harvard University Press.

Misri, S. (2005). *Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy*. Delacorte Press.

Saavedrai, B.W. (1992). *Meditations for New Mothers*. New York: Workman Publishing.

Shields, B. (2005). *Down Came the Rain: My Journey through Postpartum Depression*. New York: Hyperion.

Sichel, D., M.D., & Driscoll, J.W., M.D., R.N., C.S. (2000). *Women's Moods: What Every Woman Must Know about Hormones, the Brain, and Emotional Health*. New York: Quill.

► Especially For Fathers

Barron, J.D. (1999). *She's Had a Baby And Now I'm Having a Meltdown: What Every New Father Needs to Know about Marriage, Sex, and Diapers*. New York: William Morrow and Company.

Golant, M. (1997). *When Someone You Love Is Depressed*. New York: Fireside.

Kleinman, K. (2005). *What Am I Thinking? Having a Baby After PPD*. Xlibris Corporation.

Kleinman, K. (2001). *Postpartum Husband: Practical Solutions for Living with Postpartum Depression*. Xlibris Corporation.