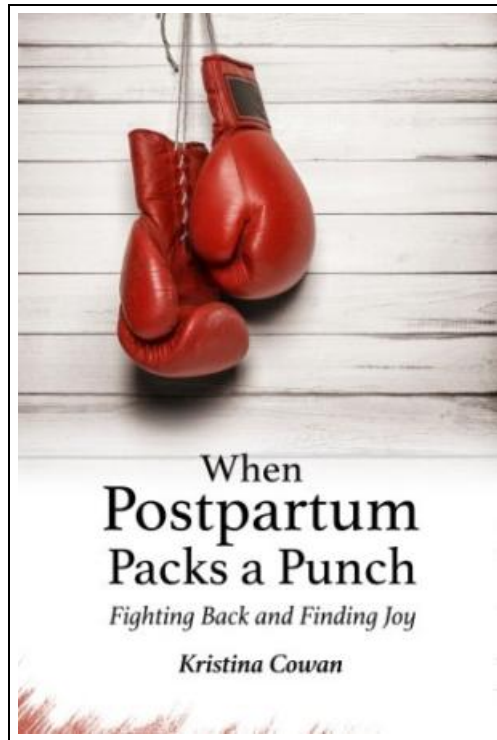


When Postpartum Packs a Punch: Fighting Back and Finding Joy (Paperback)



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WHEN POSTPARTUM PACKS A PUNCH: FIGHTING BACK AND FINDING JOY (PAPERBACK)

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Praeclarus Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When Postpartum Packs a Punch offers solace to mothers who have faced traumatic birth and perinatal mood disorders, as well as a chorus of different voices-parents, experts, and researchers. All are singing the same song: while the U.S. has made strides in caring for new mothers, we still have far to go. Stigma silences women, and blinds those on the sidelines. Stories of others struggles are an antidote for stigma, because they let mothers know that they re not alone. Kristina Cowan describes her own experience with traumatic birth and postpartum depression, and weaves it together with stories from other parents. Representing diverse backgrounds and perspectives and underscoring the prevalence of mood disorders after childbirth, these stories serve as a balm. They help heal and stir hope. And they show how an overcoming spirit can fight terrors of the mind-and win. Journalist and debut author Cowan explores postpartum depression (PPD) and other birth-related mood disorders in this informative yet personal text. After her first baby was born, Cowan was steeped in sadness; motherhood was not proving the joyride she had expected. The author sought help, finding it in a mixture of antidepressants, therapy, and her religious faith. Inspired to investigate further, she gathered the stories of other mothers suffering from postpartum disorders. (Interestingly, like the author, a number of women interviewed for the book went on to help others after experiencing PPD themselves). Cowan alerts readers to symptoms, risk factors, and neurochemical causes; outlines common therapies and medications; and defines the five major perinatal mood and anxiety disorders, including postpartum psychosis, a rare but serious condition. She also shares the stories of dads who have faced paternal postnatal depression. Talking about the issue...

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