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When Baby Brings The Blues: Solutions for Postpartum Depression

Ariel Dalfen

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When Baby Brings The Blues: Solutions for Postpartum Depression Ariel Dalfen

A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery

A full 20 percent of new moms will be affected by PPD--but the good news is that PPD is very responsive to treatment. This guide, written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen, leads women out of the maze of depression, offering medical and psychotherapeutic options, practical lifestyle changes, and an impressive array of resources for further support.

Complete with a PPD diagnosis questionnaire, a treatment plan checklist, and a table of medications and side effects, this upbeat guide also includes daily affirmations used by Dr. Dalfen's own patients when recovering from PPD.

Dr. Ariel Dalfen (Toronto, ON) is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post-partum depression.

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Spent a free time and energy to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled When Baby Brings The Blues: Solutions for Postpartum Depression can be very good book to read. May be it may be best activity to you.

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