

RECOMMENDED BOOKS

Listed below are some excellent books on postpartum depression. Check your local library for some of these titles. If they are not available, they can often be ordered at Amazon.com by clicking on the Titles below.

Postpartum Psychiatric Illness: A Picture Puzzle by James Alexander Hamilton and Patricia Neel Harberger 1992

Becoming Parents: How to Strengthen Your Marriage As Your Family Grows by Pamela L. Jordan, Scott M. Stanley and Howard J. Markman 1999

Beyond the Blues: Prenatal and Postpartum Depression by Shoshana Bennett and Pec Indman 2002

This Isn't What I Expected by Karen Kleiman and Valerie Raskin 1994

Women's Moods by Deborah Sichel and Jeanne Watson Driscoll 1999

The Postpartum Husband by Karen Kleiman 2000

Postpartum Survival Guide by Ann Dunnewold and Diane Sanford 1994

Shouldn't I Be Happy? by Shaila Misri 1995

Sleepless Days: One Woman's Journey Through Postpartum Depression by Susan Resnick 2000

Postpartum Mood Disorders by Laura J. Miller 1999

Mother Nurture by Rick Hanson, Jan Hanson and Ricki Pollycove 2002

Fatherneed by Kyle D. Pruett 2000

Mothering the New Mother by Sally Placksin 2000