



## Postnatal Depression: The Essential Guide

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By Catherine Burrows

Need2Know. Paperback. Book Condition: new. BRAND NEW, Postnatal Depression: The Essential Guide, Catherine Burrows, Postnatal depression affects up to 1 in 10 women after giving birth. When life is tough enough, there are so many unanswered questions. Why me? When will I get better? How do I get better? What will make life bearable? Written by an author with first-hand experience, this book is authoritative, comforting and hopeful. It focuses on coping strategies for day-to-day life, how to approach different treatments and where to find support. Case studies are included from women who have overcome postnatal depression, as well as partners and family members accounts of the condition and input from health professionals with specialist knowledge. Each chapter has been written so readers can dip in and out, making it accessible for the whole family. Postnatal depression is a temporary illness; this book aims to help families struggling with postnatal depression by giving them the information and support to rise above the illness and create a balanced and happy home life.



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