



This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression

Karen R. Kleiman, Valerie Davis Raskin MD

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"Will I ever feel like myself again?"

"Why am I so sad and irritable all of the time?"

"Will my wife ever be like she used to be?"

"Why didn't anyone tell us to expect this?"

If you or someone you love is among the one in seven women stricken by PPD, you know how hard it is to get real help. In this definitive guide, postpartum experts Karen Kleiman and Valerie Davis Raskin offer compassionate support and solid advice on dealing with every aspect of PPD. Their proven self-help program, which can be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize when you need professional help, cope with daily life, and recover with new strength and confidence. Learn how to:

Identify the symptoms of PPD and distinguish it from "baby blues"

Deal with panic attacks, obsessive-compulsive urges, and stress overload

Break the cycle of shame and negative thoughts

Mobilize support from your husband or partner, family, and friends

Seek and evaluate treatment options

Cope with the disappointment and loss of self-esteem

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