



# **Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety**

*Shoshana Bennett, Pec Indman*

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Beyond the Blues contains the most up-to-date information about risk factors, diagnosis, treatment, and prevention of mood and anxiety disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. "An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders." -Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Coauthor of Postpartum Depression Screening Scale "In Beyond the Blues, Bennett and Indman offer a compact yet surprisingly comprehensive manual on prenatal and postpartum depression. Readable and practical, they systematically address screening and assessment, finding a therapist, myths about nursing and bonding, and treatment. Interesting and helpful are suggestions for family and friends. For health professionals, there is detailed diagnostic and treatment information. Beyond the Blues is a quick read with an easy-to-handle format. Recommended for consumer health and health sciences collections." -Library Journal "This book will be of great help for both women and their health care providers, providing information on all aspects of depression in pregnancy and in the post-postpartum, including safety/risk of medication therapy." -Adrienne Einarson RN Assistant Director, The Motherisk Program, The Hospital for Sick Children, Toronto, Canada



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