



# Conquering Postpartum Depression: A Proven Plan For Recovery

*Ronald Rosenberg, Deborah Greening, James Windell*

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Each year over 400,000 new mothers experience a range of negative emotional reactions-categorized as postpartum depression (PPD). Yet most obstetricians misunderstand and mistreat PPD, prescribing a single-therapy, simplistic approach that frequently falls short of curing the patient. Based on the authors' research and unique, highly successful treatment, *Conquering Postpartum Depression* outlines a groundbreaking multidisciplinary action plan for beating PPD, including a combination of talk therapy, new-parent counseling, and in many cases the safe use of antidepressant medications even while pregnant or breastfeeding. With the newest information on how genetic factors and pre-existing conditions can contribute to PPD, *Conquering Postpartum Depression* is the book that new mothers and even doctors reach to for authoritative and reassuring counsel.

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