



# **Beyond The Blues: Prenatal and Postpartum Depression, A Treatment Manual**

*Shoshana Bennett, Pec Indman*

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This book is a concise manual of mood disorders (such as depression, anxiety, panic, obsessive-compulsive disorder, and psychosis) seen in pregnancy and the postpartum period. It is written for the women who suffer and their families, as well as any professional who works with pregnant or postpartum women. It includes diagnostic information as well as the most current information about treatment recommendations for preconception to nursing mothers. Medications are discussed for use in pregnancy as well as in nursing. An extensive list of resources is included.

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