



# **Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression**

*Shoshana S. Bennett, Pec Indman*

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Newly updated, Beyond the blues contains the current information about risk factors, diagnosis, treatment, and prevention of mood 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. This book is being used by the US Navy, Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, the International Childbirth Education Association, and many other organizations.

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