Perfect Mothers Get Depressed: Why Trying To Be Perfect, Not Speaking Up, And Always Trying To Please Everyone Increases Your Risk Of Postpartum Depression

Perfect Mothers Get Depressed

Why Trying to Be Perfect and Please Everyone Increases Your Risk of Postpartum Depression

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Perfect Mothers Get Depressed discusses some of the common beliefs mothers have that may seem harmless enough on the surface, but can lead to depression. Based on the author’s research, Perfect Mothers Get Depressed, describes the dilemma mothers face and give mothers specific things they can do to recover.
Obsessive-Compulsive Disorder After the Stork: The Couple’s Guide to Preventing and Overcoming Postpartum Depression
This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression
The Mother-to-Mother Postpartum Depression Support Book
Down Came the Rain: My Journey Through Postpartum Depression
This Isn't What I Expected: Overcoming Postpartum Depression
Behind the Smile: My Journey out of Postpartum Depression
Postpartum Depression For Dummies

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