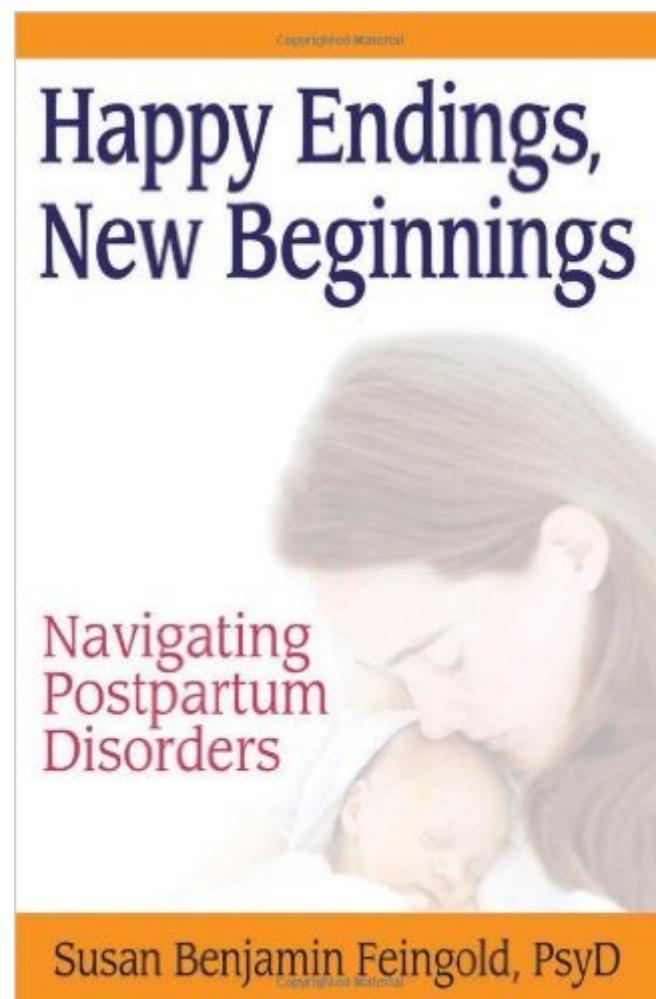


The book was found

Happy Endings, New Beginnings: Navigating Postpartum Disorders



Synopsis

What do Princess Diana, Gwyneth Paltrow, Brooke Shields, and Mary Jo Codey all have in common with 950,000 other women in the U.S. each year? They all have suffered from postpartum depression, a disabling mental health syndrome. In *Happy Endings, New Beginnings*, Dr. Feingold presents her unique approach for navigating the journey through postpartum disorders. Guiding women through the challenges, feelings and distressing symptoms, she leads them to a new view of the postpartum experience and how to make it a positive, life-changing event. Here is an inspirational book filled with fascinating true stories of women Dr. Feingold has coached through post-birth disorders to take control of their new lives and find lasting fulfillment, as she did in her own life. It also provides a new perspective for therapists and other health professionals treating women during this critical period.

Book Information

Paperback: 240 pages

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Average Customer Review: 4.9 out of 5 stars Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #2,200,022 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #2285 in Books > Health, Fitness & Dieting > Mental Health > Depression #3106 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

This helps to round out my books that clients can borrow. I had Postpartum Depression with one of my kids and I wish there was more help during that time. It is nice to read about how common this is and how you can come out the other side well.

Happy endings, New Beginnings is an excellent guide for women and their families who are experiencing or have experienced post partum disorders. It is very well written and informative. Dr. Feingold presents a positive, caring approach to dealing with the challenges and emotional turmoil

of PPD. She presents encouraging, good guidelines for the woman, her spouse, family, and friends. It is an easy read, and yet filled with excellent information, that can be applied to life's challenges..

Happy Endings New Beginnings, Navigating Postpartum Disorders, by Dr. Susan Benjamin Feingold is fantastic, on point and will guide you with a direction out of the depth of PPD!!!! All the individual stories and how they are incorporated into each section of the book are terrific. The stories define the many different directions of PPD. What a fabulous resource for myself and women to help guide them, feel understood and know how to get better!! Dr. Feingold's book shows you how with wonderful and necessary support how far you can grow with the right guidance. What a beautiful gift for all women!!!!

This is a fabulous resource for both parents with postpartum depression and anxiety, as well as practitioners. It has up-to-date information and great case examples. I particularly appreciated the section for Dads and the area of spirituality. Both of these issues are usually missed by others writing on the subject, and are both critical to healing.

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