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## Healthy Kent 2020 Infant Health Implementation Team Perinatal Mood Disorders Coalition of Kent County

### Recommended Readings:

1. Postpartum Depression for Dummies. By Shoshana Bennett. (2006)
2. Beyond the Blues – A Guide to Understanding and Treating Prenatal and Postpartum Depression. By Shoshana Bennett, Pec Indman. (2005) Also Spanish
3. Pregnant on Prozac. By Shoshana Bennett. (2009)
4. This Isn't What I Expected. By Karen Kleiman, Valerie Raskin. (1994)
5. Postpartum Survival Guide. By Ann Dunnewold, Diane G. Sanford. (1994)
6. The Mother-to- Mother Postpartum Depression Support Book. By Sandra Poulin. (2006)
7. Postpartum Husband: Practical Solutions for Living with Postpartum Depression. By Karen Kleiman. (2003)
8. Women's Moods: What Every Woman Must Know about Hormones, the Brain and Emotional Health. By Deb Sichel, Jeanne Driscoll. (1999)
9. What am I thinking? Having a Baby After Postpartum Depression. By Karen Kleiman. (2005)
10. Depression in New Mothers. By Kathleen A. Kendall-Tackett. (2005)
11. Conquering Postpartum Depression: A Proven Plan for Recovery. By Ronald Rosenberg, Deb Greening, and James Windell. (2003)