



Book Recommendations

Perinatal Mood and

Anxiety Disorders

*Created by Amanda Freeman, Ph.D.
Headway Therapy a Psychology PC*

**Book links may earn me a small commission at NO extra
cost to you*

Book Recommendations

PERINATAL MOOD AND ANXIETY DISORDERS

For Clients - page 1

General

- Bennet, S (2009) Pregnant on Prozac
- Boyd, C (2022) Mindful new mom
- Johnson, KA (2017) The fourth trimester
- Kleiman, K (2016) Moods in Motion
- Knox, A (2024) You'll Bounce Right Back
- Moralis, S (2017) Breathe mama breathe
- Mauren, G, Wiersgalla (2021) Myself Again
- Rope, K (2018) Strong as a mother
- Dunnewold, A, Sanford, D (2010) Life will never be the same
- Placksin, S. (2000) Mothering the New Mother
- Puryear, L (2008) Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness
- Warren, B, Creager Berger, B (2021) The Pregnancy and Postpartum Workbook

Birth Story Healing

- Campion, M (2015) Heal your birth story
- Warren, B (2023) Healing from Reproductive Trauma

Partners and Relationships

- Dunn, J (2017) How not to hate your husband after kids
- Gottman, JM & Gottman, JS (2007) And baby makes three
- Kleiman, K (2001) The postpartum husband
- Kleiman, K (2014) Tokens of Affection
- Kleiman, K (2021) What about us?
- Toledano, P (2014) The reluctant father

Postpartum Anxiety

- Kaeni, K (2021) The pregnancy workbook: manage anxiety and worry
- Wiegartz, PS & Gyoerkoe, KL (2009) The pregnancy and postpartum anxiety workbook

Book Recommendations

PERINATAL MOOD AND ANXIETY DISORDERS

For Clients - page 2

Postpartum Depression

- Burd, A (2020) The Postpartum Depression Workbook
- Friesen, JG (2021) This will not break me: my personal journey with postpartum
- Hardwick, L (2020) A life postpartum
- Shields, B (2006) Down came the rain: my journey through postpartum depression
- Kleiman, K (2005) What am I thinking: Having a baby after postpartum depression
- Kleiman, K (2013) This isn't what I expected: overcoming postpartum depression
- Kleiman, K (2017) Good moms have scary thoughts
- Poulin, S (2006) The mother-to-mother postpartum depression support book
- Rabinor, R (2022) The Postpartum Depression Journal

Postpartum Bipolar

- Harwood, D (2017) Birth of a new brain: healing from bipolar postpartum disorder

Postpartum Psychosis

- Cho, C (2020) Inferno: a memoir of motherhood and madness
- Gerdes, S (2014) Back in six weeks
- Moyer, JH (2014) A mothers climb out of darkness