



# ***Book Recommendations***

## ***Perinatal Mood and Anxiety Disorders***

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# 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

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## 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