



The Postpartum Survival Guide: Everything You Need to Know about Postpartum Depression

Paul Meier, Todd Clements, Lynne Johnson

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Eighty percent of all pregnant women struggle with depression during or after their child's birth. But there is good news about postpartum mood disorders—they are almost 100% treatable. In the definitive guide to postpartum depression, written from a Christian perspective by a team of experts including best-selling author and popular psychologist Dr. Paul Meier (*Happiness Is a Choice*), *The Postpartum Survival Guide* explains why this depression occurs, who's at risk, how to treat it, and where to find God in it all. Coauthor Lynne Johnson, RN, provides a woman's perspective on the issues of motherhood and depression. Using real-life stories and practical advice from medical professionals, *The Postpartum Survival Guide* offers hope-filled solutions that will help new mothers enjoy this special time in their lives. Plus, it also contains helpful resource for fathers, family members, friends, pastors, counselors, and medical practitioners.

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