



## Pregnancy Blues (Paperback)

By Shaila Kulkarni Misri

Random House USA Inc, United States, 2006. Paperback. Condition: New. Reprint. Language: English . Brand New Book. It should be a time of joyous anticipation the happiest time in a woman s life. But for many women, the joys of pregnancy are clouded by feelings of fear, sadness, and confusion. And unlike postpartum depression, which is widely portrayed in the media and embraced by the medical community, depression during pregnancy has been rarely discussed and often misunderstood until now. In this groundbreaking book the first to focus exclusively on depression in pregnancy Dr. Shaila Kulkarni Misri, a leading reproductive psychiatrist, draws on her twenty-five years of clinical practice and research to offer hope, help, and healing as well as a provocative, myth-shattering examination of a subject that has too long been shrouded in darkness. The numbers are surprising: up to 70 percent of pregnant women experience some degree of depressive symptoms, and of those, 12 percent meet the diagnostic criteria for major depression. Although it is at least as common as postpartum depression, which occurs after a child s birth, pregnancy-related depression is often cloaked in silence, shame, and denial. Pregnancy Blues lifts the veil on this heartbreaking and very...



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