



What Am I Thinking ?!

Karen Kleiman MSW

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For many women, having a baby delivers all the profound joy they anticipated and brings happiness beyond description. For women who experience depression after the birth of a baby, this joy can seem elusive. Instead, women with postpartum depression (PPD) are often gripped with feelings of deep sadness, confusion, anxiety, and despair, and they are deprived of their anticipated joy in their first precious months with their baby. What Am I Thinking contains essential information for a woman and her family who plan on having another baby after a previous experience with postpartum depression. With this resource and available knowledge in hand, they are likely to feel more empowered, enabling them to proceed with confidence.

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