

Book Recommendations

PERINATAL MOOD AND ANXIETY DISORDERS

For Clients

General

Boyd, C (2022) Mindful new mom
Johnson, KA (2017) The fourth trimester
Kleiman, K (2016) Moods in Motion
Moralis, S (2017) Breathe mama breathe
Mauren, G, Wiersgalla (2021) Myself Again
Rope, K (2018) Strong as a mother

Birth Story Healing

Campion, M (2015) Heal your birth story

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 Us
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

Postpartum Depression

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

Postpartum Bipolar

Aiken, C (2017) Bipolar, not so much
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

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