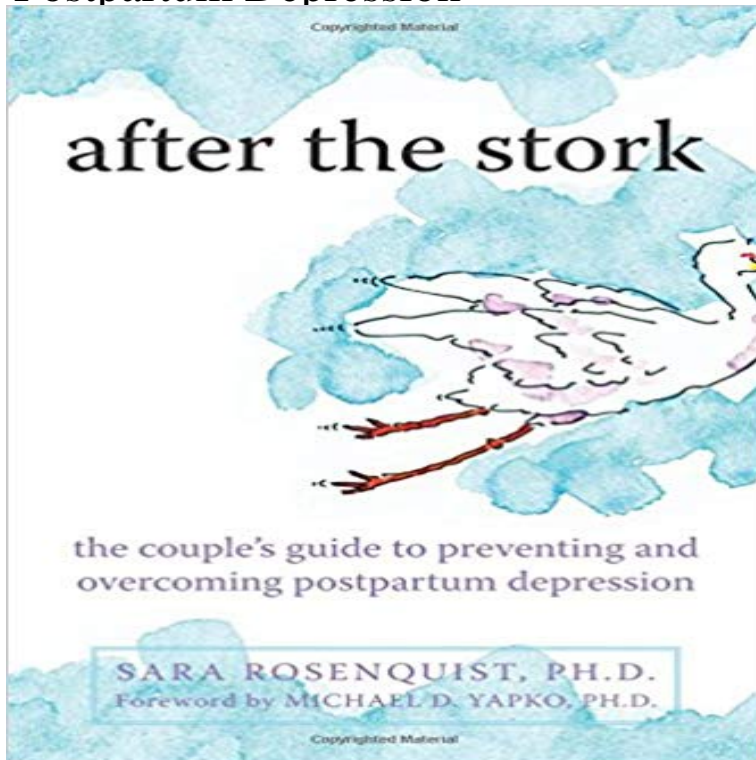


# After the Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression



A New Parents Guide to Taking Charge of Postpartum Depression Having a baby is one of the most dramatic transitions you will ever make, both opening you to the greatest love you can experience and setting in motion a rollercoaster of emotions you never before thought possible. These feelings are affected significantly by psychological and social factors-in fact, studies reveal that nearly as many new fathers as new mothers exhibit symptoms of postpartum depression. Written by a clinical psychologist specializing in postpartum depression, After the Stork clearly explains this often misunderstood condition and offers a revolutionary approach to stopping depression in its tracks. You'll discover powerful tools for addressing the sleep deprivation, financial tensions, and stress that can cause depression to take hold, and finally be able to make more room for experiencing the joy of welcoming a new child into your life. You'll learn how to:

- Develop depression-busting habits of thought
- Reconnect to your family, friends, and community
- Reignite an intimate relationship with your partner
- Move past guilt and shame and step into your new role as a great parent

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She is the author of After The Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression, and enjoys working with clients **After The Stork-After The Stork** Buy After the Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression by Sara Rosenquist (ISBN: 9781572248632) from Amazons **After The Stork - Dr. Sara Rosenquist** : After the Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression ??: Sara Rosenquist, Michael Yapko: Kindle **After the Stork: The Couples Guide to Preventing and Overcoming** After The Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression is a book written for anyone getting ready to welcome a baby into the **After the Stork: The Couples Guide to Preventing and Overcoming** A New Parents Guide to Taking Charge of Postpartum Depression Having a baby is one of the most dramatic transitions you will ever make, **After the Stork: The Couples Guide to Preventing and - Pinterest** After the Stork: The Couples Guide to Preventing and Overcoming Postpartum Depression by Sara Rosenquist PhD (2010-10-01): Sara Rosenquist PhD: **After the Stork** Editorial Reviews. 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