



# When Baby Brings the Blues: Solutions for Postpartum Depression

*Ariel Dalfen*

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## **When Baby Brings the Blues: Solutions for Postpartum Depression** Ariel Dalfen

A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery

A full 20 percent of new moms will be affected by PPD--but the good news is that PPD is very responsive to treatment. This guide, written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen, leads women out of the maze of depression, offering medical and psychotherapeutic options, practical lifestyle changes, and an impressive array of resources for further support. Complete with a PPD diagnosis questionnaire, a treatment plan checklist, and a table of medications and side effects, this upbeat guide also includes daily affirmations used by Dr. Dalfen's own patients when recovering from PPD.

Dr. Ariel Dalfen (Toronto, ON) is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post-partum depression.

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