



## Book Recommendations for Adults

This list makes no claim to completeness and is updated on an ongoing basis. Suggestions and references to current specialist literature are welcome at [kontakt@periparto.ch](mailto:kontakt@periparto.ch)

Action on Postpartum Psychosis (APP). (n.d.). ***Planning pregnancy: A guide for women at high risk of postpartum psychosis (Insider guide)***. Action on Postpartum Psychosis.

Action on Postpartum Psychosis (APP). (n.d.). ***Postpartum psychosis: A guide for partners (Insider guide)***. Action on Postpartum Psychosis.

Armstrong, H. B. (2009). ***It sucked and then I cried: How I had a baby, a breakdown, and a much needed margarita***. Gallery Books / Simon & Schuster.

Bennett, S. S., & Codey, M. J. (2007). ***Postpartum depression for dummies***. Wiley.

Brown, A. (2019). ***Why breastfeeding grief and trauma matter*** (Pinter & Martin Why It Matters, 17). Pinter & Martin.

Hanley, J., & Williams, M. (2019). ***Fathers and perinatal mental health: A guide for recognition, treatment and management***. Routledge.

- Ingman, M. (2005). ***Inconsolable: How I threw my mental health out with the diapers.*** Seal Press.
- Kleiman, K. R. (2001). ***The postpartum husband: Practical solutions for living with postpartum depression.*** Xlibris.
- Kleiman, K. R., & Raskin, V. D. (1994). ***This isn't what I expected: Overcoming postpartum depression.*** Bantam Books.
- Lasalandra, S. (2005). ***A daughter's touch: One woman's journey through postpartum depression.*** Self-published.
- Merkin, D. (2017). ***This close to happy: A reckoning with depression.*** Farrar, Straus and Giroux.
- Neufeld, S. (2018). ***Awake at 3 a.m.: Yoga therapy for anxiety and depression in pregnancy and early motherhood.*** Parallax Press.
- Novak, C. H. (2018). ***Adventures with postpartum depression: A memoir.*** Independently published.
- Osmond, M., Wilkie, M., & Moore, J. (2001). ***Behind the smile: My journey out of postpartum depression.*** Warner Books.
- Pacific Post Partum Support Society. (n.d.). ***Postpartum depression and anxiety: A self-help guide for mothers.*** Pacific Post Partum Support Society.
- Poulin, S. (2006). ***The mother-to-mother postpartum depression support book: Real stories from women who lived through it and recovered.*** Berkley Books.
- Resendez, L. (2023). ***What about dad?: Understanding and addressing postpartum depression in men.*** Independently published.
- Shields, B. (2005). ***Down came the rain: My journey through postpartum depression.*** Hyperion.
- Spencer, O. (2014). ***Sad dad: An exploration of postnatal depression in fathers.*** Free Association Books.
- Watson, S., & Whitehead, K. (2018). ***Postpartum depression and anxiety: The definitive survival and recovery approach (Pulling the Trigger).*** Welbeck Balance.
- Zahn, T. (n.d.). ***Why I jumped: A dramatic story of finding hope beyond depression.***

