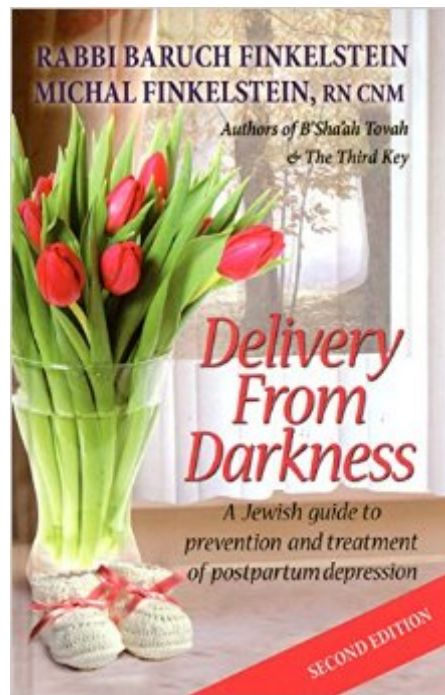


The book was found

Delivery From Darkness: A Jewish Guide To Prevention And Treatment Of Postpartum Depression



Synopsis

Eighty percent of women suffer emotional distress after childbirth; with this book, relief is on the way. This comprehensive, sensitively written, and Torah-true guide addresses postpartum depression from every angle and is designed to help prevent, detect, and treat postpartum depression. A clinical as well as a halachic guide, this book effectively opens up the perplexing, distressing world of depression in a way that is meaningful and can be curative, and includes personal accounts, anecdotes, and multiple treatment approaches. A frank and valuable book, this is required reading. With a foreword by Rabbi Dr. Abraham J. Twerski.

Book Information

Paperback: 210 pages

Publisher: Philipp Feldheim (September 10, 2009)

Language: English

ISBN-10: 1598262580

ISBN-13: 978-1598262582

Product Dimensions: 0.8 x 5.2 x 8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,924,595 in Books (See Top 100 in Books) #89 inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1316 inÂ Books > Textbooks > Humanities > Religious Studies > Judaism #2113 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

As far as Jewish lifecycle events go, there is no doubt that childbirth is the ultimate simcha that a woman and her family can ever experience. A new Jewish life has entered this world through the kindness of Hashem, and with great excitement and awe we revel in this incredible miracle. For some women, however, the days, weeks and months following childbirth can be a personally painful and daunting time, as they fall victim to unyielding hormonal upheavals that result in "the baby blues", postpartum depression and in some rare cases postpartum psychosis. In this recently published book entitled, "Delivery From Darkness" (Feldheim Publishers 2009), the Jerusalem based authors, Rabbi Baruch Finkelstein and his wife Michal present a most sensitive yet pragmatic guide on the modalities of prevention and treatment of postpartum depression. Integrating both halachic and medical concepts, the authors make it abundantly clear that PPD and its related

disorders are in no way reflective of a mother's general mental state, nor does it serve as an ominous harbinger of her abilities to nurture her child, but rather they offer evidence that PPD needs to be cogently understood and addressed in terms of concrete intervention. The taboo surrounding this most enigmatic of ailments often causes families a great deal of shame and guilt. In the forward to this book, renowned psychiatrist and author, Rabbi Avraham Twerski says, "Because the symptoms of postpartum depression are behavioral, many people think of them as being due to a mental abnormality. Given the stigma that this carries, the symptoms are often overlooked or explained away.

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression
Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help
Postpartum Depression / Postnatal Depression: The Basic Guide to Treatment and Support
The Postpartum Husband : Practical Solutions for living with Postpartum Depression
How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)
This Present Darkness/Piercing the Darkness: Piercing the Darkness
Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help)
Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth
A Guide to Postpartum Depression (Yike MD Health Reports Book 7)
Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure)
Walking After Midnight: Into and Out of Postpartum Depression
A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression
The Lifter of My Head: How God Sustained Me During Postpartum Depression
Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression
Postpartum Depression The Other in Jewish Thought and History: Constructions of Jewish Culture and Identity (New Perspectives on Jewish Studies)
Introduction To Health Care Delivery: A Primer for Pharmacists (McCarthy, Introduction to Health Care Delivery)
Monte Cooks World of Darkness (World of Darkness (White Wolf Hardcover))
Pocket Guide to Depression Glass & More Sixteenth Edition (Pocket Guide to Depression Glass & More: 1920s-1960s: Identification & Values)

