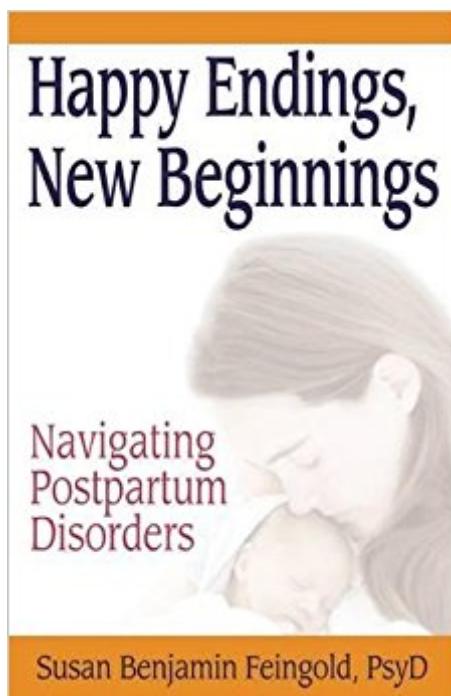


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# Happy Endings, New Beginnings: Navigating Postpartum Disorders



## **Synopsis**

What do Princess Diana, Gwyneth Paltrow, Brooke Shields, and Mary Jo Codey all have in common with 950,000 other women in the U.S. each year? They all have suffered from postpartum depression, a disabling mental health syndrome. In *Happy Endings, New Beginnings*, Dr. Feingold presents her unique approach for navigating the journey through postpartum disorders. Guiding women through the challenges, feelings and distressing symptoms, she leads them to a new view of the postpartum experience and how to make it a positive, life-changing event. Here is an inspirational book filled with fascinating true stories of women Dr. Feingold has coached through post-birth disorders to take control of their new lives and find lasting fulfillment, as she did in her own life. It also provides a new perspective for therapists and other health professionals treating women during this critical period.

## **Book Information**

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## **Customer Reviews**

"...readers will find Feingold's message both hopeful and empowering. Highly recommended for any woman struggling with PPD" LIBRARY JOURNAL November 15, 2013 - Workshop - Antepartum & Postpartum Mood Disorders, Greenbelt Cultural Center, 1215 Green Bay Road, North Chicago, IL 1:00 - 5:00 p.m. Presented by Susan Benjamin Feingold, Psy.D

Susan Benjamin Feingold is a licensed clinical psychologist specializing in the treatment of antepartum and postpartum depression and anxiety disorders, as well as mental health issues

relating to reproductive functions. In addition to her private practice she is a professor at the Illinois School of Professional Psychology, Chicago, IL. A past board president of Depression After Delivery, she has provided continuing education to nurses, physicians, medical students, midwives and social workers as well as facilitating support groups. She has been frequently interviewed by The Chicago Tribune, the Chicago Sun-Times, People Magazine, Self, and the APA Monitor and featured on Channel 7 TV News Report, WTTW Chicago Tonight with Phil Ponce and Fox News. Dr. Feingold resides in Highland Park, IL.

Happy endings, New Beginnings is an excellent guide for women and their families who are experiencing or have experienced post partum disorders. It is very well written and informative. Dr. Feingold presents a positive, caring approach to dealing with the challenges and emotional turmoil of PPD. She presents encouraging, good guidelines for the woman, her spouse, family, and friends. It is an easy read, and yet filled with excellent information, that can be applied to life's challenges..

This is a fabulous resource for both parents with postpartum depression and anxiety, as well as practitioners. It has up-to-date information and great case examples. I particularly appreciated the section for Dads and the area of spirituality. Both of these issues are usually missed by others writing on the subject, and are both critical to healing.

This helps to round out my books that clients can borrow. I had Postpartum Depression with one of my kids and I wish there was more help during that time. It is nice to read about how common this is and how you can come out the other side well.

as the coordinator of northshorepostpartumhelp.org, I review many current articles and books on PPD...Feingold not only covers the basics, but offers the hope for positive transformations for families experiencing these challenges.

I bought this for a lovely 1st time mother from South America. Several issues have resulted in her depression. Today I read this book and although I never experienced a postpartum disorder I am personally familiar with depression. Dr. Feingold's approach really rings true for me and much could be applied to all of the challenges we experience in life. I will deliver this book to the new mother tomorrow. I am so glad I found it on !

I received a copy of this at the PSI conference in Mpls this summer. I experienced postpartum depression almost 15 years ago and had read the few books that were published at the time. This is a comprehensive guide pack full of practical information, and I gave it to my neighbor who just had twins and was going through some difficulties. It's great that this common condition has come out of the closet and so many resources are now available, including PPD day centers for new moms and their babies like the one at a major hospital in Minneapolis and new mom PPD support groups like at the clinic/hosp where I delivered (there wasn't any back then).

Happy Endings New Beginnings, Navigating Postpartum Disorders, by Dr. Susan Benjamin Feingold is fantastic, on point and will guide you with a direction out of the depth of PPD!!!!All the individual stories and how they are incorporated into each section of the book are terrific. The stories define the many different directions of PPD. What a fabulous resource for myself and women to help guide them, feel understood and know how to get better!! Dr. Feingold's book shows you how with wonderful and necessary support how far you can grow with the right guidance. What a beautiful gift for all women!!!!

I found this book to be useful as both a survivor of a Postpartum Mood & Anxiety Disorder and as a therapist now treating other women. It's user friendly and not difficult to read. I recommend it!

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