

Suggested Reading:

PMADs: Perinatal Mood + Anxiety Disorders

- **This Isn't What I Expected: Overcoming Postpartum Depression** - Karen Kleiman + Valerie Davis Raskin
- **The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality** - Kimberly Ann Johnson
- **The Postpartum Husband: Practical Solutions for Living With Postpartum Depression** - Karen Kleiman
- **Breathe, Mama, Breathe: 5-minute Mindfulness for Busy Moms** - Shonda Moralis
- **The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered** - Sandra Poulin
- **Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers** - Karen Kleiman