



Books, Podcasts and Other Media

When one is pregnant or recently postpartum, finding the support and understanding of others is necessary. While many may have a therapist or counselor to rely upon, others have neither those or a friend or confidante who can listen or offer guidance. For people who need extra help, sometimes that assistance can be found between the covers of a book, in the wisdom of a podcast or some other form of media. We have scoured the shelves and the airwaves to find you some of the best tools that you can use at home or when driving (in the case of podcasts). These are not the only resources... and we expect more to be developed as others recognize how important it is to help this population of people.

Books for New and Expectant Parents and their Partners

Self Help and Information Guides

Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety

by Shoshana S. Bennett, PhD and Pec Indman, PA, EdD, MFT, PMH-C

The first author of this book is a two-time survivor of postpartum depression who was the president of Postpartum Support International. This book provides resources for prevention and treatment of postpartum depression and anxiety and includes information about medications and alternative options.

Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers

by Karen Kleiman

Karen Kleiman is the author of several books on this list. She is the founder of The Postpartum Stress Center. In this book, Kleiman discusses postpartum depression and with an emphasis on understanding intrusive thoughts. It is written in a comic style, making it easy and enjoyable to read, despite the subject.

<p><u>The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered</u></p> <p>by Sandra Poulin</p>	<p>This self help and support book is written by mothers for mothers. It details multiple mother’s experiences with postpartum depression and how they overcame it.</p>
<p><u>The Postpartum Depression Workbook: Strategies to Overcome Negative Thoughts, Calm Stress and Improve Your Mood</u></p> <p>by Abigail Burd, LCSW, PMH-C</p>	<p>The author of this book is a licensed clinical social worker certified in Perinatal Mental Health by Postpartum Support International. She wrote this book to help with understanding postpartum depression while providing tools and strategies.</p>
<p><u>The Postpartum Husband: Practical Solutions for living with Postpartum Depression</u></p> <p>by Karen Kleiman</p>	<p>In this book, Karen Kleiman provides guidance, support and specific recommendations for partners of those with postpartum depression.</p>
<p><u>The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help you Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions</u></p> <p>by Pamela S. Wiegartz, PhD and Kevin Gyoerkoe, PsyD</p>	<p>This book was written by tw licensed clinical psychologists who specialize in the treatment of anxiety and OCD. The book consists of a series of simple exercises and worksheets grounded in cognitive based therapy to help pregnant women and new moms reduce stress and anxiety. There is also a chapter with tips for fathers and how they can support their partners.</p>

<p><u>This Isn't What I Expected: Overcoming Postpartum Depression</u></p> <p>by Karen Kleiman, MSW, LCSW and Valerie Raskin, MD</p>	<p>Designed to help new moms identify the symptoms of postpartum depression, panic attacks, and obsessive-compulsive urges and to recognize when professional help is needed. Also provides coping strategies and supportive tips for family and friends.</p>
<p><u>What No One Tells You: A guide to your emotions from pregnancy to motherhood</u></p> <p>by Alexandra Sacks, MD and Catherine Birndorf, MD</p>	<p>Two reproductive psychiatrists discuss the emotions of pregnancy and the postpartum. They offer tips about navigating this stressful and transformative time, helping new moms understand what is normal when it comes to the emotional aspects of motherhood.</p>
<p><u>Why Perinatal Depression Matters</u></p> <p>by Mia Scotland</p>	<p>Written by a clinical psychologist and birth doula, Mia Scotland aims to help pregnant women and their families better understand perinatal depression and offers suggestions for coping.</p>

Memoirs and biographies

<p><u>Aint't That a Mother: Postpartum, Palsy and Everything in Between</u></p> <p><u>By Abida Nelson</u></p>	<p>Abida Nelson tells of her own odyssey as a parent of a child with high medical needs, all while she must cope with her own postpartum depressive illness.</p>
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<p><u>Black Milk: On Motherhood and Writing</u></p> <p>By Elif Shafak</p>	<p>From the pen of a professional Turkish author, Black Milk tells of Elif's life as a new mother, as she struggles to balance her world as a parent and a professional.</p>
<p><u>Dear Scarlet: The Story of my Postpartum Depression</u></p> <p>By Teresa Wong</p>	<p>Written in the style of a graphic novel, this memoir is written as a letter from the author to her daughter. The author, who is Chinese American, discusses the many challenges she encounters as she struggles to recover.</p>
<p><u>Down Came the Rain: My Journey Through Postpartum Depression</u></p> <p>by Brooke Shields</p>	<p>In this book, actress Brooke Shields shares the trials and tribulations which she faced when suffering from postpartum depression.</p>
<p><u>It Sucked and Then I Cried: How I Had a Baby, a Breakdown, and a Much Needed Margarita</u></p> <p>by Heather B. Armstrong</p>	<p>Unlike many of the other books listed here, this is a humorous, as well as an honest account of an individual's pregnancy, motherhood and postpartum depression</p>
<p><u>Post Pardon Me.</u></p> <p>By Suzane Yatim Aslam</p>	<p>This memoir is written by former actress and Miss Arab USA turned writer Suzanne Yatim. The author's intent is not to offer advice, but rather to inform others suffering from postpartum mood or anxiety illness that they are not alone.</p>
<p><u>Sleepless Days: 1 Woman's Journey Through Postpartum Depression</u></p> <p>by Susan Kushner Resnick</p>	<p>This memoir tells of a woman's struggles with postpartum depression and how she eventually got help.</p>

Picture books about Postpartum Depression

<p><u>The Little Blue Rocket Ship: A Story About Postpartum Depression</u></p> <p>by Jessica Wendi Abel</p>	<p>This book can help a parent explain what is happening to their beloved parent when they develop postpartum anxiety or depression</p>
<p><u>My Mommy's Not Happy Anymore</u></p> <p>by Britt LeBoeuf</p>	<p>The story of a once only child, Luke, whose excitement about having a new sibling is dampened when he sees changes in his mother.</p> <p>No longer in print. Check ebay and your library</p>
<p><u>Mommy were you happy the day I was born?"</u></p> <p>by Sylvia Lasalandra</p>	<p>Written for her daughter, this book answers questions which a child may ask after seeing their parent's postpartum mood or anxiety disorder improve</p> <p>Available from the author</p>

Podcasts

<p>Beyond Postpartum</p>	<p><u>Beyond Postpartum</u> is hosted by Pacific Postpartum Support Society. Each episode details a different mother's story and how they moved beyond their struggles. A wide variety of experiences are explored from postpartum intrusive thoughts to rage and grief. Available on Apple podcasts, Spotify, Stitcher or wherever you listen to your favorite podcasts..</p>
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<p>Let's talk... Postpartum</p>	<p><u>Let's Talk...Postpartum</u> is hosted by Brooke Nielsen who provides women with the opportunity to share their postpartum experiences, including those who have experienced depression and anxiety. Eleven episode published in 2021 are available on Audible</p>
<p>Melanin Mamas</p>	<p><u>Melanin Mamas</u> is hosted by Maqsoodah, a NIU nurse and mother who discusses specific challenges of being a Black mother in America. Available on Apple Podcasts. (Last published in 2021)</p>
<p>Misfortune Cookies</p>	<p><u>Misfortune Cookies</u> is a “homemade” podcast which is not specifically about pregnancy or postpartum issues but addresses issues of mental health in the Asian American community. Available on Apple Podcasts.</p>
<p>Mom & Mind</p>	<p><u>Mom & Mind</u> is hosted by psychologist Katayune Kaeni who hosts a variety of mothers, fathers and other experts about how to cope with perinatal mood and anxiety disorders. She discusses difficult topics as well as ones that are often ignored, including cultural differences. Available on Apple Podcasts.</p>
<p>Motherhood Sessions</p>	<p><u>Motherhood Sessions</u> is hosted by Alexandra Sacks, a reproductive psychiatrist. Dr. Sacks records conversations she has with moms about challenges they are going through from dealing with the physical and emotional exhaustion of pregnancy to sex after having given birth. Available on Spotify.</p>
<p>The The Fourth Trimester</p>	<p><u>The Fourth Trimester</u> is hosted by Sarah Trott and Esther Gallagher provides postpartum care information for the few months following birth, the time period also known as the Fourth Trimester. Conversations are practical, and emotional. Resources are provided but the podcast stopped producing episodes in 2020. Available on Google Play Music and Apple Podcasts</p>

Mobile Apps for phone or tablet

Happify	Free to download, but with a monthly fee for those seeking numerical feedback and more advanced capabilities, Happify utilizes cognitive behavioral therapy to help users connect with their thoughts and feelings. Some people find the app enjoyable to use but find the exercises are not challenging enough to lead to positive long term change.
Insight Timer	Many mothers complain that they struggle to quiet their mind. Insight Timer provides access to hundreds if not thousands of meditations, music tracks, ambient sounds like thunder or rainfall, and classes.
Mama Mend Postpartum tracker	This app claims to be the only app which focuses on life AFTER delivery, and allows you to keep track of your recovery from pregnancy as well as a place for you to record your mood, physical symptoms and pregnancy related events.
Peanut	This app provides new parents (primarily mothers) the ability to meet others who share similar interests and concerns, and live nearby. Some have referred to it as a dating app for moms. You may use it as a means of networking or developing a new friend group.

*If you have a favorite book, podcast or app that helped you or a loved one cope with, or learn about postpartum depression or anxiety, please let us know. We would like to update this list regularly. Please send your suggestions for this list to peace4momsga.org with the subject **SUGGESTIONS FOR OTHERS.***