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A Deeper Shade Of Blue: A Woman's Guide To Recognizing And Treating Depression In Her Childbearing Years



Synopsis

Depression affects women almost twice as often as men, with about one in four women suffering from it in her lifetime. While depression may strike at any time, studies show that women are particularly vulnerable during their childbearing years. Despite the increasing awareness of this deeply concerning issue, many studies and health professionals still continue to focus almost solely on postpartum depression, ignoring the fact that depression is just as likely to affect women while they're trying to conceive and during pregnancy. Now, in this comprehensive, empathetic, and candid book, Dr. Ruta Nonacs, a senior member of the Center for Women's Mental Health at Massachusetts General Hospital and mother of two children herself, confronts the seldom talked-about issues of pregnancy-related depression, including: Becoming pregnant while being treated for depression Infertility-related depression and the effects of fertility treatments Understanding the effects of maternal depression on spouses and family Postpartum depression and anxiety Nonacs also addresses the many complicated issues in a woman's life during the span of her childbearing years -- education, career, marriage, childbearing, and child rearing -- and discusses the ways in which depression often takes hold during potentially stressful times. Nonacs identifies many of the symptoms of depression associated with pregnancy and discusses treatments and cures, as well as ways to minimize effects of depression on family and friends. Straightforward and honest, as well as emotionally sensitive and deeply moving, *A Deeper Shade of Blue* gives every woman who has suffered from pregnancy-related depression the information she needs to get the best care for herself, during pregnancy and beyond.

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Customer Reviews

This book is simply amazing. I just had my second child, four months ago. Again, I am struggling with postpartum depression, although I didn't recognize it with my first until his pediatrician recognized it when my first was 15 months old! I am here to tell you that sometimes, it does not just go away. If you are looking at this review, you probably have a sneaking suspicion that you have PPD. And because you want to get better, you will. If you are trying to get better, you are a good mom. You can take some steps to get better, and it might take a little time, but you will, and you will see how glorious life as a mom can truly be. I am sitting here with this book open in front of me. I wish I had this before. This book is sizable and it might be overwhelming, esp if you are barely functioning beyond the basics right now. That's OK! Just read a little at a time. Small steps forward. This is the most helpful book I have encountered (and I have checked out a LOT of books on this subject). This is the one I highly recommend. And if your OBGYN isn't helping you, or you can't be honest with them, go to someone else. At minimum, you need a professional checking up with you. You will get better that much faster. If I hadn't been through this already, I wouldn't have the perspective that you WILL get better and it WILL be a beautiful life for you. Don't be afraid to take the actual steps to get better. Really, this book will help you.

Ruta Nonacs offers a wonderful guide to the sometimes rocky road to becoming a mother. Her book is a practical guide to navigating the emotional ups and downs of infertility, miscarriage, pregnancy, and postpartum. No one tells you how hard it can be -- I'm a naturally cheerful person who was laid low by an entirely unexpected depression after my first child was born. No one who knew me predicted this. And I was very slow to get help. I wish this book had been available then. Luckily, I live in Boston and found Dr. Nonacs, who worked with me to get through the blues -- she is an incredibly empathetic care giver. She's also a terrific writer. And she has little kids herself, so she

can bring a wide perspective to her work --- as a doctor, a shrink, and a mom. If you or a woman you care about is suffering with depression, moodiness, a difficult transition to motherhood, or postpartum stress, buy this book. You can read it straight through, or dip into the sections that best apply to your situation. There's also an extensive bibliography/resource section in the back. I can heartily recommend this book for all new mothers. Her advice on taking care of yourself when you most need to applies to all mothers, not just those with an extra dose of the blues.

I am a child psychiatrist (no longer in training although my review title still refers to me as such), and I work closely with the parents of my patients. I am always looking for books that provide thoughtful accessible guidance for parents. This book is a gem and I will be recommending it often. While the discussion of mood disorders, diagnosis and treatment, pre-conception, during pregnancy, and postpartum is completely comprehensive, this book doesn't just focus on psychiatric diagnoses. It talks openly and wisely about the emotional adjustment required when one becomes a parent. It provides advice on how couples can argue in a fair manner, to preserve connection during stressful times. It explains how different types of psychotherapies may be useful. This book has a great deal to offer. It is very impressive.

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