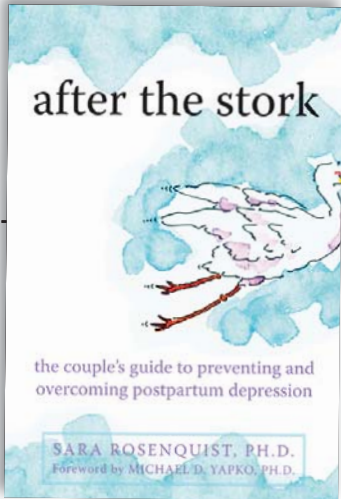


AFTER THE STORK

The Couple's Guide to Preventing and Overcoming Postpartum Depression
by Sara Rosenquist, Ph.D.



After the baby shower, after the gifts and the good wishes, new parents often struggle to cope with the monumental change in their lives. In her new book reproductive health psychologist SARA ROSENQUIST gives new parents tips for preventing and overcoming postpartum depression AFTER THE STORK.

Having a baby is one of the most dramatic transitions you will ever make, both opening you to the greatest love you can experience and setting in motion a rollercoaster of emotions you never before thought possible. These feelings, once thought to be strictly hormonal, are actually affected significantly by psychological and social factors—in fact, studies reveal that nearly as many new fathers as new mothers exhibit symptoms of postpartum depression (PPD).

In ***After the Stork*** Rosenquist, a clinical psychologist specializing in PPD, explains this often misunderstood condition and offers a revolutionary approach to stopping depression in its tracks. Rosenquist will explain powerful tools for addressing the sleep deprivation, financial tensions, and stress that can cause depression to take hold. With her help new parents will finally be able to make more room for experiencing the joy of welcoming their new child into their life.

Some of the topics that Rosenquist discusses in ***After the Stork***:

Postpartum Depression: More Than Just Hormones. Studies show that nearly as many new parents experience depression at the arrival of a new child, as well as adoptive parents.

Habits of Thought. Our thoughts can contribute to our mood. Rosenquist explains five habits of thought that can lead to depression.

The Social Side of Depression. Our habits of relating, like our habits of thought, can set us up for depression. Rosenquist explains how.

Getting Some: Sleep and Sex After the Baby. Need we say more?

"I am a female OB/GYN physician and a mother of four. After reading this book, I have insight that may help me not only be a better mom and wife, but also a better doctor. I appreciate Sara Rosenquist teaching us why depression can set in after having a child, but I also value her detailed steps and advice on how to prevent and overcome it. I will recommend this book to all my patients and friends."

— **Andrea Lukes, MD,**
OB/GYN physician at the
Women's Wellness Clinic in
Durham, NC

**Next Page: About the Author & Suggested
Interview Questions**

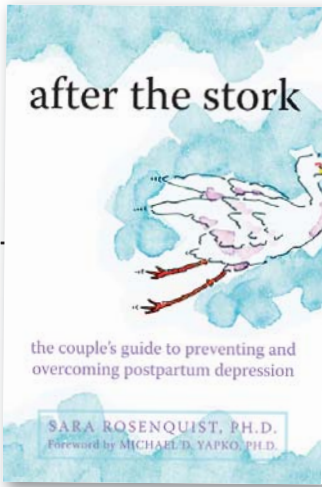
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AFTER THE STORK

The Couple's Guide to Preventing and Overcoming Postpartum
Depression

Sara Rosenquist, Ph.D.; Foreword by Michael D. Yapko, Ph.D.
October 2010 / 978-1-57224-8632 / \$18.95 / 6 x 9 / 256 pages



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Interview Questions

1. How has the understanding and treatment of postpartum depression (PPD) changed over the last twenty five years?
2. You point out that while it is commonly assumed that PPD is caused by fluctuating hormones, new fathers and adoptive parents can feel depressed after the arrival of a new child. What really causes PPD?
3. Could you explain your thoughts on depression and how they differ from many of the other books on the subject?
4. How has modern society made parents vulnerable to PPD?
5. You discuss five habits of thought that can lead to depression. What are they?
6. In your book you address two areas in which new parents are often deprived: sleep and sex. What are some tips for couples who want to protect these areas?
7. In chapter three you discuss the "social side of depression." How do relationships influence thoughts and feelings and contribute to depression?
8. Financial stress can also have an effect on mood and on relationships. How can new parents manage their finances to avoid falling into this stress trap?



Sara Rosenquist, Ph.D., is a board certified clinical health psychologist. She maintains a clinical practice in Chapel Hill, NC, where she specializes in reproductive health issues ranging from postpartum depression to sexual dysfunction.

Visit her online at www.drssara.com.

About the Author

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