



Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness -- Before, During, and After Pregnancy

Lucy J. Puryear

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A nationally recognized expert on women's reproductive mental health offers the first book to reveal the full range of emotional experience for pregnant women

Lucy Puryear is a practicing psychiatrist and a pioneering expert in women's emotional health before, during, and after pregnancy. Through engaging personal stories reflecting her own practice, she illuminates the little-discussed feelings that are virtually universal for pregnant women. She shows just how normal it is to fear loss of control, to mourn what you assume is an irretrievable career, or to worry that you'll be the world's worst mother. She explains exactly what is happening to your hormonal system -- and why knowledge is power when it comes to the overwhelming hormonal floods that accompany pregnancy and the postpartum period.

Understanding Your Moods When You're Expecting includes reassuring expert advice on:

how to make a birthing plan for emotional well-being

how and why to get essential rest

real-life bonding with your baby

reducing the risk of postpartum depression

eating disorders and OCD

how to make decisions about necessary medications during pregnancy

This book is as essential to a woman's emotional health during pregnancy as *What to Expect When You're Expecting* is to her physical health.

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