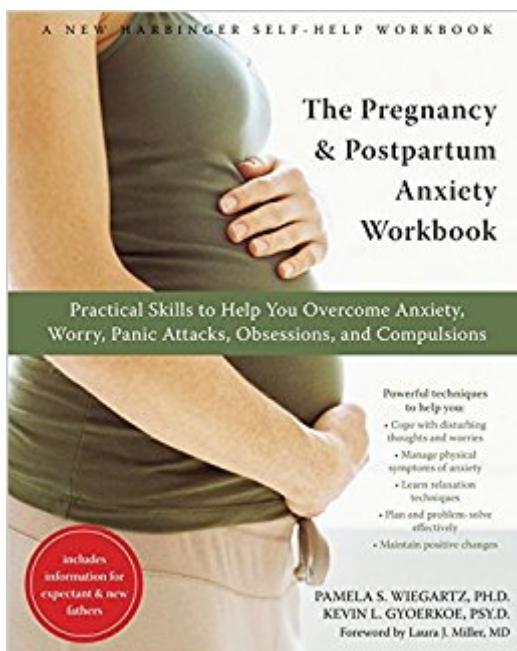


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# The Pregnancy And Postpartum Anxiety Workbook: Practical Skills To Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, And Compulsions



## Synopsis

If these thoughts seem to be permanent fixtures in your mind, you're in good company. New moms have a lot to be anxious about, and it's perfectly natural to have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting your daily life and keeping you from enjoying motherhood. The Pregnancy and Postpartum Anxiety Workbook provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to the productive and positive thinking you've been missing. Through a series of easy exercises and worksheets, you'll learn skills for relaxing yourself when you feel stressed. You'll also learn to reduce the frequency and intensity of anxious feelings many pregnant women and mothers of infants face. The book also includes a chapter that offers tips to help fathers understand and support their partners. How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. -Katherine Stone, editor of Postpartum Progress, the most widely-read blog on perinatal mood and anxiety disorders, and board member of Postpartum Support International. Wiegartz and Gyoerkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. -Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill

## Book Information

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## Customer Reviews

The Pregnancy and Postpartum Anxiety Workbook offers up-to-date information and effective, empirically validated cognitive behavioral therapy (CBT) strategies to help new mothers control worry, panic, and anxiety during pregnancy and postpartum.

This is helping me with therapy as well. I'll update this review when I'm through it to better reflect my opinion of the whole program. So far it's good, easy to read and navigate. I don't like the constant jumping around though. It will be talking about one thing and then mention of you have certain thoughts, emotions, etc to move to another section.

This is the essential refresher for any pregnant or new parent that has ever had cognitive behavioral therapy. I like to remain on top of my OCD, so that it doesn't get on top of me, and this book was a great help. Even though I was prepared for my anxiety to peak after giving birth, and even though I also countered it with meds, this book was a \*wonderful\* help to keep my thoughts and coping strategies in order. Absolutely \*great\* CBT ideas for anxious parents (or parents-to-be).

I thought I was going crazy after I had my first kid. Reading this book really helped me realize that PPD and PP anxiety are normal and fixable. I just wish I'd read this book while pregnant to help deal with my anxiety then!

If you have anxiety at all, I highly suggest reading this. You will feel at ease. It helps you really understand and work through your issues leading up to the huge change of having a child.

Wish I had found this book while I was in my third trimester. This has helped me so much! Totally worth it.

I am a nurse and I have anxiety which is a bad combination as a new mom (too much knowledge can sometimes be a bad thing!). This book was recommended by the leader of the post-partum support group I go to. It has been very helpful both with my fears regarding my baby but also in managing my anxiety regarding other areas of my life. It even helped with things I feel but didn't realize were caused by anxiety. I really do feel much better after working through this book and feel I have several new coping skills to help minimize it.

I have always had anxiety and OCD, but it really got worse during pregnancy. This book helped me so much. I have recommended it to so many.

nice

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