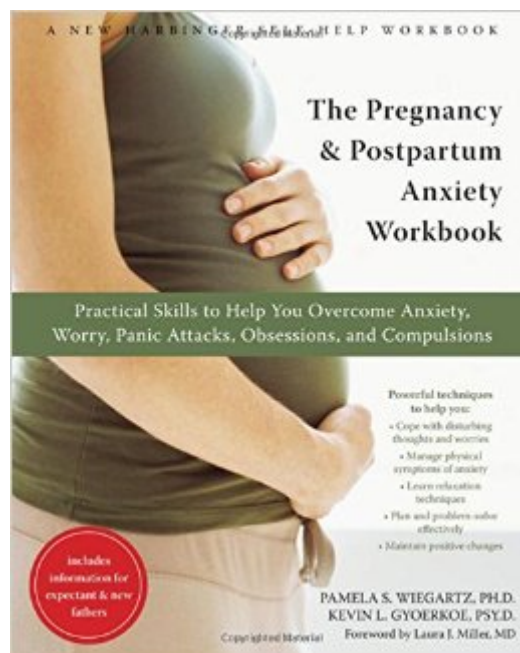


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# The Pregnancy And Postpartum Anxiety Workbook: Practical Skills To Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, And Compulsions



## 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

It is hard to judge a book that is meant to help people in such hard situations. What that book gave me is a tool to concentrate it. I think that the most important thing is that you are proactive to understand and solve the situation. So this book is a great tool. A very important thing is that THERE ARE NOT MANY BOOKS out there that offer this content and homework at the same time. I have done a lot of practical sessions too together with self work and I have to say that although it was a little too narrow subject for me, it has a lot of sense. It is a start to work on Cognitive behavior therapy. But for me what it really worked was to do the CBT with a therapist that gave me the tools to work. This book then gave me the basis to understand what CBT was and if I wanted to try. I think that can be really good to start somewhere and to prepare yourself for the road of cure. I don't think I have the knowledge to criticize the weakness of the book but what I MISSED was the part that you work a little bit deeper on working on those negative thoughts. There are a lot of techniques and they are really helpful, but I couldn't really find them in this book.

One of the worst examples of selling something by slapping the word "pregnancy" onto it that I've ever seen, apart from pregnancy panty liners. This is a not-very-good CBT for anxiety workbook that has pasted on examples and made-up "case studies" (some of which are awfully familiar from other CBT workbooks) about pregnant women and new mothers. Most of the time, it doesn't even manage that. hilariously worst example: the old "endorphin from exercise will make you feel better" advice is followed by suggesting, among other things, rollerblading and skipping with jump ropes. I think my obstetrician would have something to say about that. It's just plain sloppy. Another example: for panic attacks, it follows the tired old "write down the worst thing you fear will happen" chestnut, but the worst example they can think of is every-CBT-book-uses "people will see me hyperventilating." That's not even trying. As a pregnant woman with an anxiety disorder, I can come up with a long list of worse fears related to panic attacks, starting with panic breathing difficulties causing oxygen deprivation to my baby. It also suggests CBT for obsessive compulsion syndrome, when the evidence base is that while CBT gives short term relief it worsens the condition long term, and mindfulness is much more effective as an OCD therapy. (My own experience backs this up.) If you've never read a CBT workbook, this is - well, not a particularly good one anyway, but it might be of some use.

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