

Postpartum Books

Postpartum Depression & Anxiety: A Self-help guide for Mothers

By: Pacific Post Partum Support Society

This Isn't what I Expected: Overcoming Postpartum Depression

By: Karen Kleiman & Valerie Davis

The Mother-to-Mother Postpartum Depression Support Book: Real Stories from woman who lived through it and recovered

By: Sandra Poulin

The Postpartum husband: Practical Solutions for Living with Postpartum Depression

By: Karen Kleiman

Moods in Motion: A coloring and healing book for postpartum moms

By: Karen Kleiman & Lisa Powell Braun

The Fourth Trimester: A Postpartum Guide to Healing your Body, Balancing your emotions, and restoring your vitality

By: Kimberly Ann Johnson

Transformed by Postpartum Depression: Women's Stories of Trauma and Growth

By: Walker Karraa

Down Came the Rain: My Journey through Postpartum Depression

By: Brooke Shields

Essential Oils for Postpartum Moms: Look and feel amazing after baby, with gentle essential oil blends

By: Danielle Merriott

When Baby Brings the Blues: Solutions for Postpartum Depression

By: Ariel Dalfen

After the Stork : The Couples Guide to Preventing and Overcoming Postpartum Depression

By: Sara Rosenquist & Michael Yapko

Sleeping with your Baby

By: James J. McKenna

The Baby Sleep Book

By: Dr. Sears

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family

By: La Leche League International

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

By: Harvey Karp

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

By: Laura Van Dernoot Lipsky

Mothering the New Mother

By: Sally Plaskin

Dr. Jack Newman's Guide to Breastfeeding, by Dr. Jack Newman The Womanly Art of Breastfeeding

By: La Leche League International

Ina May's Guide to Breastfeeding

By: Ina May Gaskin

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

By: Morhbacher and Kendall-Tackett

Heal Your Birth Story: ...releasing the unexpected

By: Maureen Campion Homebirth

Lean In: Women, Work, and the Will to Lead

By: Sheryl Sandberg

Good Moms have Scary Thoughts - Karen Kleinman

Down Came the Rain By: Brooke Shields

Dear Scarlett By: Teresa Wong