

Awake At 3 A M Yoga Therapy For Anxiety And Depression In Pregnancy And Early Motherhood

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Discover specialized yoga therapy designed to address anxiety, depression, and sleep disturbances often experienced during pregnancy and early motherhood. This gentle approach provides tools and support to navigate the challenges of restless nights and emotional well-being, fostering a sense of calm and resilience for new and expecting mothers.

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Awake at 3 a.m.

Pregnancy and new motherhood are often thought of as the most joyful, exciting, and blissful times in your life—but they can also be difficult and overwhelming. Yoga therapy offers practical mind-body tools (simple breath, movement, and mindfulness practices) to support you and provide solace, steadiness, and ease in difficult times. Perinatal mood and anxiety disorders (PMADs) are the number one “complication” of birth. They affect not just moms who suffer, but also the families who care about and rely on those moms. More than twice as many moms suffer from PMADs as gestational diabetes. Yet while robust support and treatment options exist for diabetes, moms who suffer emotionally are rarely acknowledged. Instead of receiving help, they are handed platitudes like “Sleep when the baby sleeps,” “Let go of stress because it’s bad for the baby,” or “Just enjoy every minute because it goes by so fast.” This can be a lonely and confusing place to be—suffering profound fear or sadness at a time when your friends and family expect you to be happy, radiant, and beatifically calm. As a therapist supporting women's mental health and those recovering from perinatal mood disorders and trauma since 2003, Suzannah Neufeld is keenly aware of the special needs of women during pregnancy and the first year of motherhood. Synthesizing modern psychotherapeutic research with practical yoga therapy, Neufeld offers a compassionate, acceptance-based approach that meets women (and their partners) wherever they are. Awake at 3 a.m. contains short, digestible chapters that are perfect for when you are feeling exhausted or overwhelmed. Neufeld skillfully dismantles the myths and internal beliefs that contribute to the suffering of new mothers, and tells her own story with honesty and humor. The yoga practices are designed to fit into your life as it is now—no flexibility, mat, special clothes, or 90-minute yoga class required.

This book is a hands-on guide for facilitating treatment of anxiety and depression during pregnancy and the postpartum period. Readers will learn about why anxiety and related difficulties can increase during pregnancy and the postpartum period, the critical roles that thoughts and behaviors play in maintaining symptoms, and how to apply practical cognitive and behavioral strategies to reduce distress and increase coping skills. Chapters are integrated with the latest research, and clinicians and individuals alike are presented with customizable cognitive behavioral therapy-based handouts, exercises, and worksheets proven to meet the unique needs of the perinatal population.

The Pregnancy and Postpartum Anxiety Workbook

"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* What if my baby isn't healthy? What if I can't handle the pain of labor? What if I'm not a good mother? If you have these thoughts, you're not alone. Anxiety during pregnancy and postpartum is much more common than many people know, and yet there are so few resources available to struggling new moms. If you're one of many women suffering from this treatable condition, *The Pregnancy and Postpartum Anxiety Workbook* offers powerful strategies grounded in evidence-based cognitive behavioral therapy (CBT) to help you control your worry, panic, and anxiety. Through a series of simple exercises and worksheets, you'll learn skills for relaxing yourself when you feel the most stressed. You'll also learn strategies that are proven-effective in reducing 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. Many new parents feel anxious, 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 being a parent. This effective workbook can help you keep your anxious thoughts at bay and get back to the positive thinking you've been missing.

The Myth of Normal

'It all starts with waking up... to what our bodies are expressing and our minds are suppressing' Western countries invest billions in healthcare, yet mental illness and chronic diseases are on a seemingly unstoppable rise. Nearly 70% of Americans are now on prescription drugs. So what is 'normal' when it comes to health? Over four decades of clinical experience, renowned physician and addiction expert Dr Gabor Maté has seen how health systems neglect the role that trauma exerts on our bodies and our minds. Medicine often fails to treat the whole person, ignoring how today's culture stresses our bodies, burdens our immune systems and undermines emotional balance. Now, in his most ambitious and urgent book yet, Dr Maté connects the dots between our personal suffering and the pressures of modern-day living - with disease as a natural reflection of a life spent growing further and further apart from our true selves. But, with deep compassion, he also shows us a pathway to health and healing. Filled with stories of people in the grip of illness or in the triumphant wake of recovery, this life-affirming book, co-written with his son Daniel, proves true health is possible - if we are willing to reconnect with each other and our authentic selves.

Medical Problems During Pregnancy

This comprehensive, case-based title takes a practical approach to treating the pregnant patient by illustrating common and less common issues that arise during pregnancy. Outlining how difficult it often is to discern normal changes from pathological changes in the pregnant patient, *Medical Problems During Pregnancy* addresses not only this core dilemma but also a full array of specific, challenging issues to consider when pregnant patients present with conditions like epilepsy, hypertension, cardiac arrhythmias and renal disease – disorders requiring medication despite some risks. Although standard best practices generally determine medication use, the practicality of medication at various stages of pregnancy is highly variable. *Medical Problems During Pregnancy* outlines key points to consider when prescribing medication and additionally offers a range of practical suggestions that can greatly improve the physician-patient interaction. A unique and invaluable addition to the literature, *Medical Problems During Pregnancy* will be of great interest to practicing obstetricians, primary care clinicians, family practice physicians, nurse practitioners, and other allied health professionals.

Bereavement Care for Childbearing Women and their Families

For many bereaved parents, the care provided by health professionals at birth – from midwives to antenatal teachers – has a crucial effect on their response to a loss or death. This interactive workbook is clearly applied to practice and has been designed to help practitioners deliver effective bereavement care. Providing care to grieving parents can be demanding, difficult and stressful, with many feeling ill equipped to provide appropriate help. Equipping the reader with fundamental skills to support childbearing women, partners and families who have experienced childbirth-related bereavement, this book outlines: What bereavement is and the ways in which it can be experienced in relation to pregnancy and birth Sensitive and supportive ways of delivering bad news to childbearing women, partners and families Models of grieving How to identify when a bereaved parent may require additional support from mental health experts Ongoing support available for bereaved women, their partners and families The impact on practitioners and the support they may require How to assess and tailor care to accommodate a range of spiritual and religious beliefs about death. Written by two highly educated, experienced midwifery lecturers, this practical and evidence-based workbook is a valuable resource for all midwives, neonatal nurses and support workers who work with women in the perinatal period. This book is suitable as a text for BSc and MSc courses in Midwifery; BScs courses in Paediatric Nursing; and for neonatal and bereavement counselling courses.

Beyond the Blues

This 2019 edition of *Beyond the Blues* contains the most current pregnancy and postpartum resources for prevention and treatment of mental health challenges for all parents. Updated information and research about medications, as well as complementary and alternative options are included. Direct and compassionate, it is required reading for those suffering before or after the baby is born and for all professionals working with them. “An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders.” —Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Coauthor of Postpartum Depression Screening Scale “In *Beyond the Blues*, Bennett and Indman offer a compact yet surprisingly comprehensive manual on prenatal and postpartum depression. Readable and practical, they systematically address screening and assessment, finding a therapist, myths about nursing and bonding, and treatment. Interesting and helpful are suggestions for family and friends. For health professionals, there is detailed diagnostic and treatment information. *Beyond the Blues* is a quick read with an easy-to-handle format. Recommended for consumer health and health sciences collections.” —Library Journal “This book will be of great help for both women and their health care providers, providing information on all aspects of depression in pregnancy and in the post-postpartum, including safety/risk of medication therapy.” —Adrienne Einarson RN Assistant Director, The Motherisk Program, The Hospital for Sick Children, Toronto, Canada “Take prenatal vitamins for the baby, but for the long-term health of the mother, this is a must read for both her and her doctor.” —Timothy A. Leach, M.D., F.A.C.O.G. OB/GYN, San Ramon Regional Medical Center, John Muir Medical Center

Psychosocial Adaptation to Pregnancy

presented in the Introduction (Chapter 1). The focus of Chapter 1 is twofold: (1) to present the research foundations for the psychophysiological correlates of prenatal psychosocial adaptation and the seven prenatal personality dimensions with progress in labor and birth outcomes, and particularly (2) to present the theory underlying the seven dimensions of prenatal psychosocial adaptation, which are further analyzed in the following seven chapters. Chapters 2–8 present a content analysis of the interview responses to the seven significant prenatal personality dimensions that are predictive of pregnancy adaptation, progress in labor, birth outcomes, and postpartum maternal psychosocial adaptation, and they include: (1) Acceptance of Pregnancy, (2) Identification with a Motherhood Role, (3) Relationship with Mother, (4) Relationship with Husband, (5) Preparation for Labor, (6) (Prenatal) Fear of Pain, Helplessness, and Loss of Control in Labor, and (7) (Prenatal) Fear of Loss of Self-Esteem in Labor. There is no other comparable comprehensive, in-depth, prenatal personality research or empirical and content analysis of pregnancy-specific dimensions of maternal psychosocial adaptation to pregnancy.

Finding Calm for the Expectant Mom

This invaluable resource shows moms-to-be how to manage stress during pregnancy. Pregnancy is exciting and exhilarating, but it can also be physically and psychologically demanding. The myth,

perpetuated by social media, says that you should be “glowing,” but in reality, you may be anxious and find yourself on an emotional roller coaster. And that is okay. Feeling stressed and moody are very normal reactions to the changes your body is going through, the thoughts you might have about how your pregnancy will impact your career and relationships, and the social pressure to have a perfect pregnancy. High levels of stress and anxiety are not good for you or your baby, but there are ways to cope with and counteract these feelings, put them in perspective, and bring peace to your pregnancy. It is indeed possible to learn new skills that will enable you to glow and thrive. In addition to featuring fun quizzes, stories of women with whom Dr. Alice Domar has worked, and information, advice, and encouragement, *Finding Calm for the Expectant Mom* includes mind-body techniques that can relieve stress, anxiety, and moodiness. With the tools and problem-solving approach presented here, you can adjust your expectations, restructure negative thought patterns, cultivate resilience, and not only meet the challenges of pregnancy, but happily anticipate the most amazing experience of your life: becoming a mother.

Antenatal and Postnatal Mental Health

"The guideline, commissioned by NICE and developed by the National Collaborating Centre for Mental Health (NCCMH), covers the care and treatment of women with mental health problems during pregnancy and the first postnatal year. This includes depression, anxiety disorders, and severe mental illnesses such as bipolar disorder and schizophrenia." "This guideline encompasses the organisation of perinatal mental health services, making it the first of its kind to fully integrate the clinical and service aspects of care into a single volume. The book is illustrated by women's experiences of mental health problems, treatment and services."--BOOK JACKET.

Exercise and Sporting Activity During Pregnancy

This clinically and practice oriented, multidisciplinary book is intended to fill the gap between evidence-based knowledge on the benefits of physical activity and exercise during pregnancy and the implementation of exercise programmes and related health promotion measures in pregnant women. It will provide medical, sports, and fitness professionals both with the knowledge needed to allay undue fears regarding the consequences of exercising during pregnancy and with the practical expertise to offer optimal guidance on exercising to pregnant exercisers and athletes. Readers will find up-to-date evidence on the psychological, social, physiological, body composition, musculoskeletal, and biomechanical changes that occur during pregnancy and their implications for physical activity and exercise. Detailed descriptions are provided of the components of exercise testing and prescription for pregnant women, the current evidence-based and practice-oriented guidelines, and exercise selection and adaptation during pregnancy. Exercises specifically targeting musculoskeletal health are discussed separately, and a concluding chapter explains the nutritional requirements in pregnant women who exercise.

The First 1000 Days in the Nordic Countries: A Situation Analysis

Available online: <https://pub.norden.org/nord2020-051/> The First 1000 Days in the Nordic Countries is a Nordic collaborative project, launched as part of the 2019 Icelandic Presidency of the Nordic Council of Ministers, with the aim to support healthy emotional development and good mental health during the first 1000 days of life (from conception to the age of two). The first phase involved a situation analysis in which extensive data was gathered from across the Nordic countries about practices to support wellbeing and identify early risk factors in prenatal care, infant and child healthcare and early childhood education and care. The results are presented in this report with detailed country profiles and a comparison across countries. Significant strengths and challenges are identified when it comes to supporting young children's wellbeing within the Nordic region and examples of good practice from each participating country are offered.

Screening for Perinatal Depression

'Henshaw (psychiatry, University of Keele, UK) and Elliott (consultant clinical psychologist, St Thomas' Hospital, UK) provide guidance for health care professionals on the controversies surrounding screening for perinatal depression and on good practice in the use of screening tools. International contributors, with backgrounds in psychiatry, psychology, medicine, nursing, midwifery, and social work, discuss the advantages and drawbacks of the available screening methods, and investigate women's perceptions of the usefulness of screening. Ethnic minority experiences and screening programs in

developing countries are also considered.' - Book News 'The book considers a variety of issues and identifies agreement in ideas and continuing debates. Whether the reader is concerned with women's views of screening, the role of the midwife, screening in the US, Australia or developing countries, screening of women with serious mental illness, Black Caribbean women's views of screening, health visitor intuition and much more, there is something here for them. Each chapter, often drawing on the author's own work, stands on its own. Tutors, researchers, practitioners and students should be able to use the relevant parts to challenge their thinking, reflect on their practice and ask yet more questions about this significant subject.' - Community Practitioner Screening for perinatal depression is now widely undertaken in the UK and Europe and is attracting increasing attention. This much-needed text provides guidance for health care professionals on the issues and controversies surrounding screening and on good practice in the use of screening tests. An international author team with backgrounds in psychiatry, psychology, medicine and nursing has been brought together to discuss the available screening methods, their advantages and drawbacks. The authors investigate women's perceptions of the accessibility and usefulness of screening and of the roles of professionals (e.g. primary care staff and health visitors), and also look at ethnic minority women's experiences of health services. The role of the UK National Screening Committee is explored, along with the problems faced when implementing screening programmes in developing countries. This comprehensive and practical book will enable mental health professionals, social workers and health visitors to provide sensitive and informed services to women at risk of perinatal depression.

What No One Tells You

Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Discovering the Word of Wisdom

This book is a lively exploration of the amazing revelation known to Mormons as the "Word of Wisdom." It counsels us how and what we should eat to reach our highest potential, both physically and spiritually. New and surprising insights are presented through the perspective of what has been proven to be the healthiest human diet, a way of eating supported both by history and by science: a whole food, plant-based (WFPB) diet. WFPB vegetarian diets have been scientifically proven to both prevent and cure chronic disease, help you achieve your maximum physical potential, and make it easy to reach and maintain your ideal weight. In this book, you'll find the stories of dozens of people who are enjoying the blessings of following a Word of Wisdom diet, and you'll get concrete advice on how to get started! You will discover: What we should and should not eat to enjoy maximum physical health. How food is intimately connected to our spiritual well being. Why Latter-day Saints are succumbing to the same chronic diseases as the rest of the population, despite not smoking, drinking, or doing drugs. How the Word of Wisdom was designed specifically for our day. How you can receive the "hidden treasures" and other blessings promised in the Word of Wisdom. Why eating the foods God has ordained for our use is better not just for our bodies, but for the animals and for the earth. You may think you know what the Word of Wisdom says, but you'll be amazed at what you have missed. Learn why Mormons all over the world are "waking up" to the Word of Wisdom!

The New Rules of Pregnancy

A modern guide to pregnancy that distills medical expertise into short but deep doses of actionable advice, covering the entire pregnancy and "fourth trimester," by two renowned NYC doctors and with the calm, supportive voice of Danielle Claro, coauthor of *The New Health Rules*.

Living with a Black Dog

As beautifully illustrated as it is touching, this second book from Matthew Johnstone, author of *I Had a Black Dog*, is written for those who care for those suffering from depression - friends, family members, colleagues, and even therapists. Using wonderful illustrations and the image of Churchill's infamous 'black dog', Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those suffering from it themselves, but for those close to them. Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just "snap out of it" they would.' and 'Encourage any form of regular exercise. Fitness robs the Dog of its power'. Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.

Pregnancy Day By Day

The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

Mindful Motherhood

Vieta, a psychologist specializing in mood disorders as well as a mom herself, presents a mindfulness training program developed to help new mothers parent their children and manage changes in mood, stress levels, and behavior.

Parenting Well when You're Depressed

This guide, based on more than ten years of study of depressed parents and their families, offers strategies, action plans, and resources to help readers provide for their children's healthy development.

Good Moms Have Scary Thoughts

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

And Now We Have Everything

A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. *And Now We Have Everything* is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that

are still taboo and often unspoken, *And Now We Have Everything* is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself. Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed

The Fourth Trimester

A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

The Headspace Guide To...A Mindful Pregnancy

'The expert's expert. Simplicity is the key with this technique.' The Times 'Do you guys know about Headspace...? It's kind of genius.' Emma Watson The best start for your baby begins with your mind Widely acknowledged as one of the world's foremost experts on mindfulness, Andy Puddicombe, co-founder of Headspace, is your friendly guide in this wonderful new approach to pregnancy, birth and new parenthood. Whether you are trying for a baby, are mid-term, or have already arrived home with your new baby, this practical and reassuring guide will teach you and your partner how to calmly navigate the anxieties and demands of this epic adventure. With helpful exercises for both mother to be and her partner, Andy shows how to live mindfully and get the most from pregnancy and the early days of parenthood. The Headspace Guide To...A Mindful Pregnancy provides you with tools to live mindfully during this rare and precious opportunity to nurture a healthy happy mind. Imagine creating the most peaceful environment possible for your child and this book will show you how.

Yoga Sequencing

Yoga Sequencing: Designing Transformative Yoga Classes presents the essential principles and methods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession, this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

Pandemic Communication and Resilience

This book examines how we design and deliver health communication messages relating to outbreaks, epidemics, and pandemics. We have experienced major changes to how the public receives and searches for information about health crises over the last twelve decades with the ongoing shift from text/broadcast-based to digital messaging and social media. Both health theories and practices are examined as it applies to testing, tracking, hoarding, therapeutics, and vaccines with case studies. Challenges to communicate about health to diverse audiences (including the science illiterate) and

across (both Western and developing economies) have been complicated by politics, norms and mores, personal heuristics, and biases, such as mortality salience, news avoidance, and quarantine fatigue. Issues of economic development and land use, trade and transportation, and even climate change have increased the exposure of human populations to infectious diseases making risk and resilience more pressing. The book has been designed to support health communicators and public health management professionals, students, and interested stakeholders and university libraries.

Moving with the Moon

Moving with the Moon is a unique feminine approach to yoga that will transform your experience of your menstrual cycle and the journey into (and beyond) menopause.

Advancing Maternal Health Equity and Reducing Maternal Morbidity and Mortality: Proceedings of a Workshop

The United States faces an alarmingly high rate of maternal morbidity and mortality, distinguishing it from other high-income countries that have achieved decreases in these rates in recent years. U.S. maternal morbidity and mortality rates are disproportionate across racial, ethnic, socioeconomic, and geographic groups. Statistics on maternal health outcomes reveal that there are challenges to protecting both the lives and future health of birthing people and their children. Recognizing the urgency of this growing problem, the National Academies Board on Population Health and Public Health Practice convened a 2-day virtual workshop, Advancing Maternal Health Equity and Reducing Maternal Mortality. The workshop examined the current state of maternal health in the United States and explored the factors needed to help communities and health care systems become more effective in reducing maternal morbidity and mortality and improving health outcomes through the fourth trimester. This publication summarizes the presentations and discussions of the workshop.

How to Nourish Yourself Through an Eating Disorder

Overcome your eating disorder and repair your relationship with food, starting today If you struggle with anorexia, bulimia, binge eating, or another form of disordered eating, the path to normal eating may seem impossible. This is why Wendy Sterling and Casey Crosbie created the Plate-by-Plate Approach®: a simple, numberless, exchange-free program to restore your relationship with food. In this practical, easy-to-use guide—complete with sample plates, example schedules, and helpful tracking logs—they teach you to take control of your nutrition with nothing more than a 10-inch plate. Learn to use the Plate-by-Plate Approach® at home. Understand common patterns and behaviors to restore your relationship with food. Adapt the Plate-by-Plate Approach® to your own dietary and cultural needs. Overcome common barriers on your journey to healthy eating. How to Nourish Yourself Through an Eating Disorder transforms the challenging path to recovery, simplifying your treatment plan and provide a straightforward, intuitive, tried-and-true method for a better life.

Birth Territory and Midwifery Guardianship

Midwives and other healthcare providers are grappling with the issue of rising intervention rates in childbirth and trying to identify ways to reverse the trend. It is increasingly accepted that intervention in childbirth has long-term consequences for women and their children. Birth Territory provides practical, evidence-based ideas for restructuring the birth territory to facilitate normal birth. Links new research findings to birth environments and outcomes. Describes the elements of an ideal birthing environment. Suggests how to modify existing maternity services to achieve optimal results. Investigates the links between the experiences of women and babies, and outcomes. Explores the effects of legal and socio-political factors.

Postpartum Depression and Anxiety

Revised for the seventh edition, and called a "gem" by Mothering magazine, our book has sold over 30,000 copies to date. This is a practical guide for mothers who are experiencing postpartum depression and anxiety. The book is based on the experiences of thousands of women and describes what has helped them get through this difficult time. From the introduction: The idea for this book came from the realization that many women are suffering from some degree of postpartum depression and that very few will find access to supportive care while going through it. Some of our own mothers are only now feeling safe enough to talk about their experiences and describe how alone and crazy

they felt. The material in this book is based on over thirty years of counselling thousands of women with postpartum depression. These women have willingly shared their experiences with each other, and together they have explored what has helped them. It is their knowledge, wisdom, courage and generosity that has made this book possible. Emphasis has been put on those common threads which run through the experience of postpartum depression. The term "perinatal depression" is being used to describe postpartum depression in many newer research, journals and publications. It is an umbrella term that better reflects the fact that symptoms can begin during pregnancy as well as postpartum. In this book we refer to "postpartum depression," which fits under the more general category of "perinatal" symptoms. As you read, keep in mind that you are going to survive this. However hopeless you may feel, try to remember that it will end. Women grow and change as they cope with their depression. After it is all over, many women say they are glad they went through the experience. As one woman said, "I never thought I'd get through it but I did and I feel great. I know much more about myself. Now I enjoy my baby and I feel peaceful."

Treating Parent-Infant Relationship Problems

Within a developmental framework, this book presents a range of effective approaches to treating early relationship difficulties and promoting more sensitive and responsive parenting. Clinicians are guided to understand the different types of problems that parents have with infants and to determine how a given family might best be served--whether by addressing health concerns that are affecting infant behavior, modifying parental beliefs or expectations, or targeting key caregiving skills. Leading experts detail their respective therapeutic models in a practical, clinician-friendly format, including intervention guidelines and illustrative case material. Special topics covered include working with families of infants with special needs and with those at risk for child maltreatment.

Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms

A "Mom Must-Read"—Parents A National Parenting Product Award (NAPPA) Winner Easy-to-follow practices that will help moms find quick, daily opportunities to reset and refocus with mindfulness. And don't miss Don't Forget to Breathe for more 5-minute mindfulness. Moms can feel as if they are sprinting through life, crashing onto the pillow at day's end only to start again the next morning. In Breathe, Mama, Breathe, psychotherapist Shonda Moralis outlines the benefits of daily meditation and shows moms how to do it—in just five minutes! Plus, she shares over 60 "mindful breaks" that will help moms tune into their own well-being (along with everyone else's): Eat a mindful breakfast—with no phone, TV, or newspaper! Cuddle your child and take three deep breaths together. Give yourself a mindful-mommy high five—because moms can use positive reinforcement, too. Every mom—whether caring for a new baby, an overscheduled grade-schooler, or an angsty teen—can become a mindful mama!

The Postpartum Depression Workbook

Powerful strategies and compassionate support for overcoming postpartum depression Becoming a mother is a huge transition. For some, the mood swings, the pressures, and the anxiety can be intense and overwhelming. One in five women will develop postpartum depression (PPD) after pregnancy--so if you're struggling with PPD, know you're not alone. This depression workbook is designed to help you navigate the transition to becoming the healthy and happy parent you want to be. This depression workbook is here to guide you on your journey, providing supportive strategies and tools grounded in cognitive behavioral therapy (CBT)--proven to help you understand, cope with, and reduce your PPD symptoms. Discover common signs of PPD, what it is, and what you can do about it. Explore your thoughts, feelings, and relationships, plus self-care practices through a variety of practical and insightful exercises in this depression workbook. This depression workbook includes: Primer on PPD--Discover if you might have PPD, take a look at common causes and risk factors, and see how PPD can impact your partner. Lasting relief--The CBT-based postpartum strategies in this depression workbook will help you adopt a positive mindset, improve your mood, deepen your relationships, and find time to recharge. Moms like you--Find kinship in real-life scenarios from other parents, paired with practical advice, simple tips, and interactive exercises. This depression workbook provides the strategies, tools, and support you'll need for a healthy and happy transition into parenthood.

Buddha Mind, Buddha Body

Revered Zen Buddhist teacher and best-selling author Thich Nhat Hanh explores the connection between psychology, neuroscience, and meditation In his previous book Understanding Our Mind, Zen

monk Thich Nhat Hanh explored Buddhist psychology and its applications in everyday life. Here, he continues that study by asking, "Is free will possible?" as he examines how the mind functions and how we can work with it to cultivate more freedom and understanding, be in closer touch with reality, and create the conditions for our own happiness. Drawing stories from the life of the Buddha and Hanh's own experiences, *Buddha Mind, Buddha Body* addresses such topics as: • The importance of creativity and visualization in a meditation practice • Basic Buddhist meditation practices such as sitting and walking meditation • The importance of brotherhood and sisterhood in everyday life Delivered in Hanh's inimitable light, clear, and often humorous style, *Buddha Mind, Buddha Body* will appeal to those new and familiar with Buddhist psychology.

No Weigh!

This workbook has everything you need to achieve connected eating, body positivity and balanced exercise. It will help you stay well informed about how bodies change emotionally and physically in the teen years, and why good nutrition is critical for growth and development. It debunks any myths about diets and 'forbidden' foods and also gives you the tools and strategies to avoid potential triggers of disordered eating. *No Weigh! A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom* will help you develop a lifelong healthy relationship with your food! We eat every day, so why not eat with pleasure, joy and happiness?

Weight Gain During Pregnancy

As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. *Weight Gain During Pregnancy* responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. *Weight Gain During Pregnancy* is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

I Had a Black Dog

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

The Anxiety Solution

The Anxiety Solution is your guide to being a calmer, happier and more confident you. _____
'Remarkable, pioneering, could change your life' Daily Mail 'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and worry were a permanent part of who I was . . . but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.' This is a book for anyone experiencing anxiety - at home, in school or at work, in social situations or on their own - one that will benefit everyone from worried mums to stressed teens. The Anxiety Solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist, Chloe Brotheridge. Chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier, more confident life. Based on the latest scientific research and her unique

programme which has already helped hundreds of clients, The Anxiety Solution will show you how to regain control of your life. If you want to spend less time worrying - whether it is social media pressure, perfectionism or fear of failure - this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again. The Anxiety Solution is your roadmap to a calmer, happier and more confident you.

Mindful Pregnancy

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD