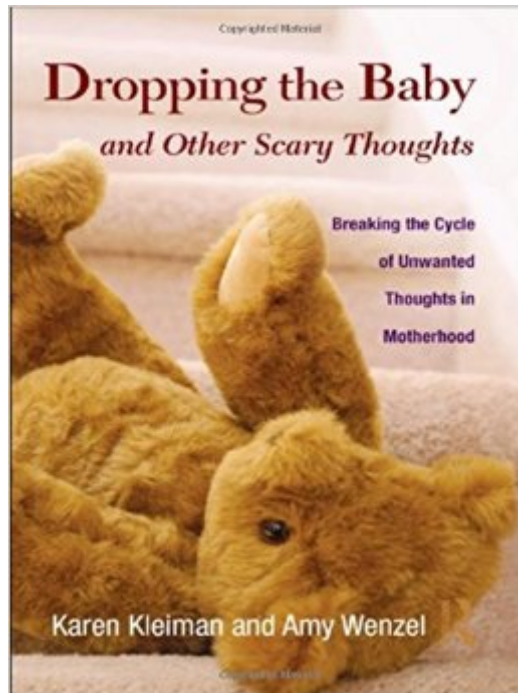


The book was found

Dropping The Baby And Other Scary Thoughts: Breaking The Cycle Of Unwanted Thoughts In Motherhood



Synopsis

What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub? Thoughts like these can be frightening to new mothers, but are a common symptom pregnant and postpartum women can experience. *Dropping the Baby and Other Scary Thoughts* addresses the nature of these intrusive, negative and unwanted thoughts. Kleiman and Wenzel offer answers to the women who seek information, clarification, and validation in this useful resource for healthcare professionals working with these mothers. Written by two clinicians who have established themselves as leading experts and authors in this specialized field, this book maintains a compassionate tone that will be a voice familiar to many women in the postpartum community. Whether you must confront these negative notions personally or in your practice, this book will explain what these thoughts are, why they are there, and what can be done about them.

Book Information

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Best Sellers Rank: #179,708 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #230 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #238 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

Totally read but also do this -When I saw the *Dropping Baby and Other Scary Thoughts*, I ordered it. I read an review on this book that was super skeptical and said that if you have OCD talk to your doctor and read *Freedom from OCD* by Dr. Grayson. I was desperate for help, so I did both. The *Dropping..* was so helpful in making me realize that I had an actual condition and that I wasn't alone (which was the first light at the end of a hellish tunnel) but Dr. Grayson's book actually taught me the techniques to help me heal and conquer the OCD (which I didn't totally realize had started years prior and post-partum just multiplied it.) It was really hard just to even order, let alone read these

books, but I read both these books (I read Dr. Grayson's twice - it's massive so that was a challenge for me!). I also found a GOOD therapist (one who does CBT - my prior one didn't help me with the CBT/exposure stuff - and I wish I found a good one years earlier), and wha- bam! - I feel happier than I have ever felt. I had literally no hope before, and now, life is great and I can focus on what matters - thank you Karen Kleiman! Even though it's extremely difficult to deal with this hellish and frightful anxiety (especially with babies/ little sleep or time) I encourage anyone reading this to find the strength to read this book and the other one, find a good therapist, and conquer their fears. It feels so beyond hopeless in the moment, but now that I am out of the trenches I am so grateful for books like these that cover way more than a therapist can in a short session. (But, again - I recommend that too). I really felt so hopeless and freaked out and like something was really, really wrong with me. I never thought I would be where I am at today, but I am!

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