



Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness -- Before, During, and After Pregnancy

Lucy J. Puryear

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From a nationally recognized medical expert, a book as essential to a woman's emotional health during pregnancy as *What to Expect When You're Expecting* is to her physical health

Having a baby presents unique challenges for mothers both physically and psychologically, yet the mental health aspect of maternity is rarely given its due. As an advocate for women's reproductive health, Dr. Lucy J. Puryear is changing that. In this informative, reassuring book, Dr. Puryear examines the emotional health issues associated with pregnancy and postpartum, providing an indispensable resource for expectant parents and for those who wish to become pregnant.

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