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Happy Endings, New Beginnings: Navigating Postpartum Disorders

Susan Benjamin Feingold

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What do Princess Diana, Gwyneth Paltrow, Brooke Shields, and Mary Jo Codey all have in common with 950,000 other women in the U.S. each year? They all have suffered from postpartum depression, a disabling mental health syndrome.

In *Happy Endings, New Beginnings*, Dr. Feingold presents her unique approach for navigating the journey through postpartum disorders. Guiding women through the challenges, feelings and distressing symptoms, she leads them to a new view of the postpartum experience and how to make it a positive, life-changing event. Here is an inspirational book filled with fascinating true stories of women Dr. Feingold has coached through post-birth disorders to take control of their new lives and find lasting fulfillment, as she did in her own life. It also provides a new perspective for therapists and other health professionals treating women during this critical period.

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