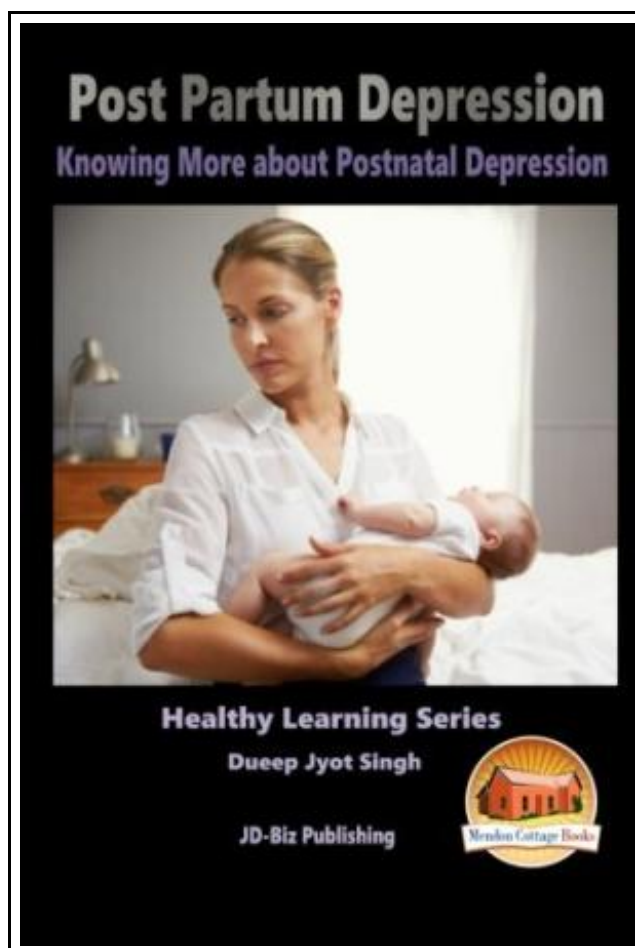


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Post Partum Depression Table of Contents Introduction Symptoms Causes of PPD Doctor, Can You Please Help Me? Who Can Get PPD? - Risk factors Suffering from PPD Duration Conclusion Author Bio Publisher Introduction It may be an emotional or well-known sentimental cliché that a mother is not really a mother until she has held her baby in her arms, for the first time. Since ancient times, this is the statement which has been followed in societies that a woman can never be fulfilled until she has become a wife and a mother. In fact, nature has programmed a woman to be the mother of future generations, and that is why there is always a feeling that only when she holds her bundle of joy in her arms when she really understand what it really means to be a woman and a mother. Nevertheless, putting emotion aside, pregnancy and childbirth are going to result in a complex mix of hormonal, physical, emotional, spiritual, and behavioral changes taking place in a woman. This whole package is going to affect her in various ways at different times. In fact, a woman may recognize the fact that she is expecting, when she finds herself with mood swings in the initial stages of pregnancy. During the pregnancy, she is going to feel excited, full of energy, and deliriously happy. At other times she is going to feel headaches, flustered, and feel tired and overwhelmed. In the East, since ancient times, women know all about these particular hormonal changes which are going to affect an expectant mother. That is why traditionally an expectant mother was always kept in seclusion with old...



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