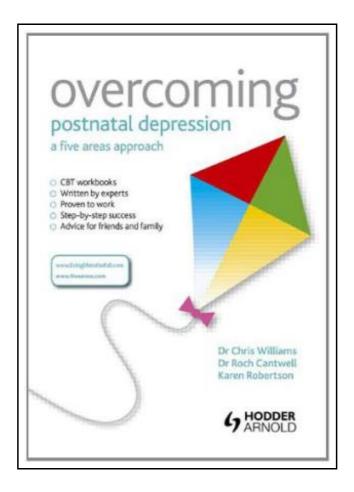
Overcoming Postnatal Depression: A Five Areas Approach



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Reviews

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Taylor Francis Ltd, United Kingdom, 2012. Paperback. Book Condition: New. 246 x 173 mm. Language: English. Brand New Book. Overcoming Postnatal Depression uses the proven and trusted five areas model of cognitive behavioural therapy (CBT). By bringing together specialists in postnatal depression and with the use of self-help resources, this book addresses all the common challenges faced by women during times of low mood after having had a baby. * CBT workbooks-easy to use, practical, photocopy them for use in your own life or job * Written by award-winning authors and experts * Proven to work-through years of research and practice * Step-by-step success-follow the plan, see positive results * Advice for friends and family-offers support Invaluable, proven, practical, and easy-to-use workbooks for all CBT practitioners, psychiatrists, GPs, psychologists, neurologists, physiotherapists, occupational therapists, and healthcare workers to use to help the people in their care help themselves. A linked free online support course is located at with additional resources at.



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