

Book Recommendations for New Moms

1. William Bridges, PhD, "Transitions: Making Sense of Life's Changes," Da Capo Press; 2nd Exp & Up edition, 2004, 194 pages
2. Shoshana S. Bennett, Ph.D. and Pec Indman, "Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression," Moodswings Press, 2003, 148 pages
3. Kim Schive and Stanley D. Klein, "You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities," Kensington Publishing Corporation 2001, 278 pages
4. Daniel Seigel, MD, "The Developing Mind," The Guilford Press, 2001, 394 pages
5. Karen Reivich, PhD and Andrew Shatte, PhD, "The Resilience Factor," Broadway; Reprint edition, 2003, 352 pages
6. Jim Loehr, Tony Schwartz, "The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal," Free Press, 2003, 256 pages
7. T. Berry Brazelton MD, "Touchpoints: The Essential Reference--Your Child's Emotional and Behavioral Development," Da Capo Lifelong Books, 1992, 481 pages