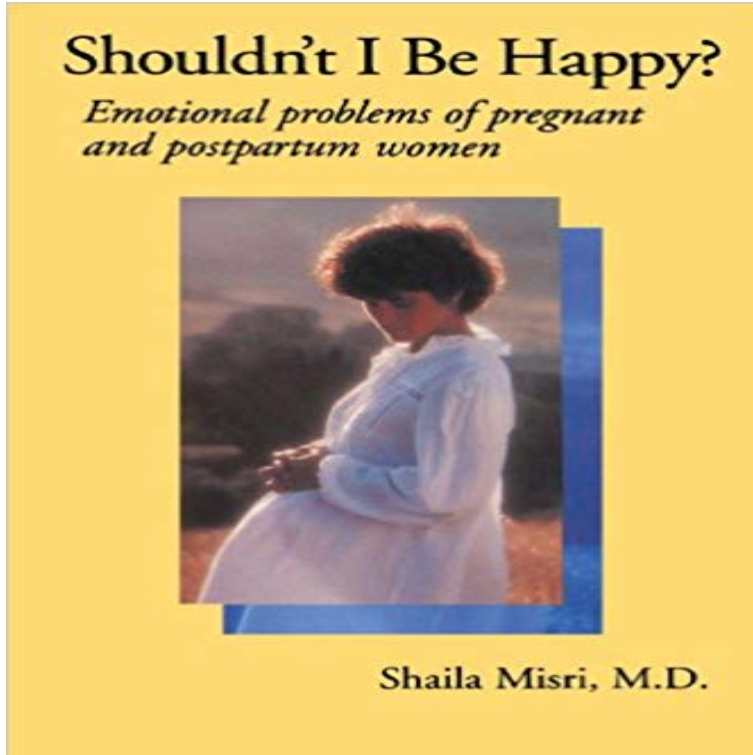


Shouldnt I Be Happy: Emotional Problems of Pregnant and Postpartum Women



A guide for expectant and new mothers on emotional issues associated with parenthood, including post-partum depression. Pregnancy and childbirth are a happy and joyous time for some women, but for others the experience can be one of anxiety, fear, and confusion. Because our society cherishes pregnancy and motherhood, many women suffer in silence when their experience is anything less than sublime. How do they explain their unhappiness to spouses, friends, and family, and how can they know if what they are experiencing are the normal mood fluctuations of pregnancy or if they should seek professional help? In *Shouldnt I Be Happy?* professor of clinical psychiatry and obstetrics and gynecology, Shaila Misri offers specific advice on emotional issues associated with parenthood from marital problems to grieving the loss of a child. She also counsels women on coping with the common stresses that accompany the course of pregnancy and early motherhood and addresses common questions every expectant and new mother has as they are introduced to parenthood.

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