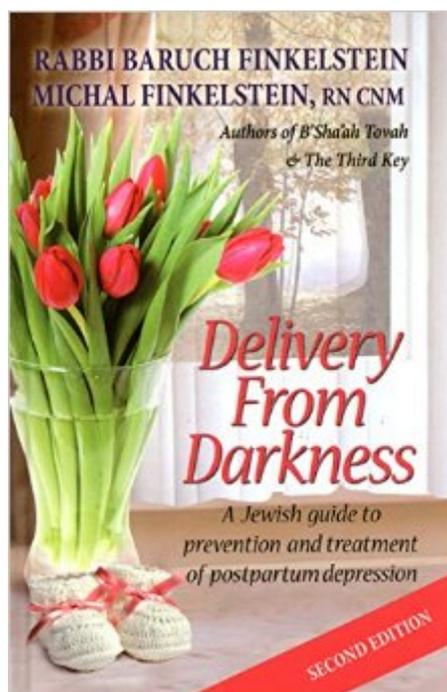


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# Delivery From Darkness: A Jewish Guide To Prevention And Treatment Of Postpartum Depression



## Synopsis

Eighty percent of women suffer emotional distress after childbirth; with this book, relief is on the way. This comprehensive, sensitively written, and Torah-true guide addresses postpartum depression from every angle and is designed to help prevent, detect, and treat postpartum depression. A clinical as well as a halachic guide, this book effectively opens up the perplexing, distressing world of depression in a way that is meaningful and can be curative, and includes personal accounts, anecdotes, and multiple treatment approaches. A frank and valuable book, this is required reading. With a foreword by Rabbi Dr. Abraham J. Twerski.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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## Customer Reviews

As far as Jewish lifecycle events go, there is no doubt that childbirth is the ultimate simcha that a woman and her family can ever experience. A new Jewish life has entered this world through the kindness of Hashem, and with great excitement and awe we revel in this incredible miracle. For some women, however, the days, weeks and months following childbirth can be a personally painful and daunting time, as they fall victim to unyielding hormonal upheavals that result in "the baby blues", postpartum depression and in some rare cases postpartum psychosis. In this recently published book entitled, "Delivery From Darkness" (Feldheim Publishers 2009), the Jerusalem based authors, Rabbi Baruch Finkelstein and his wife Michal present a most sensitive yet pragmatic guide on the modalities of prevention and treatment of postpartum depression. Integrating both halachic and medical concepts, the authors make it abundantly clear that PPD and its related

disorders are in no way reflective of a mother's general mental state, nor does it serve as an ominous harbinger of her abilities to nurture her child, but rather they offer evidence that PPD needs to be cogently understood and addressed in terms of concrete intervention. The taboo surrounding this most enigmatic of ailments often causes families a great deal of shame and guilt. In the forward to this book, renowned psychiatrist and author, Rabbi Avraham Twerski says, "Because the symptoms of postpartum depression are behavioral, many people think of them as being due to a mental abnormality. Given the stigma that this carries, the symptoms are often overlooked or explained away.

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