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BREAK FREE FROM Maternal Anxiety

A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year

Fiona L. Challacombe Catherine Green and Victoria Bream BREAK FREE FROM

Maternal Anxiety

A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year

Fiona L. Challacombe Catherine Green and Victoria Bream

Provides a practical manual to help navigate mothers & family members out of perinatal anxiety.

As many as one in five mothers will develop a mental health problem during pregnancy or within the first year after birth.

Severe anxiety affects a huge number of women in pregnancy and the postnatal period, making a challenging time even more difficult. You may be suffering from uncontrollable worries about pregnancy and birth, distressing intrusive thoughts of accidental or deliberate harm to the baby, or fears connected to traumatic experiences. This practical self-help guide provides an active route out of feeling anxious. Step-by-step, the book teaches you to apply cognitive behaviour therapy (CBT) techniques in the particular context of pregnancy and becoming a new parent in order to overcome maternal anxiety in all its forms. Working through the book you will gain understanding of your anxiety and how factors from the past and present may be playing a role in how you feel. Together with practical exercises and worksheets to move through at your own pace, you will gain the tools you need to help you move forward and enjoy parenthood.

9781108823135 | Paperback UK: £20 | October 2022 US:\$16.95 | January 2023

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- Weinstein L, Swartz MN. Pathogenic properties of invading microorganisms. In: Sodeman WA Jr, Sodeman WA, eds. *Pathologic Physiology: Mechanisms of Disease*. Philadelphia: WB Saunders; 1974:457–72.
- 4. See note 2, Beauchamp, Walters 1994:431–512.
- 5. Mathewes-Green F. Dignity, always dignity. *World Magazine* 1995 Feb 18; available at http://www.theologymatters.com/TMIssues/Mayjun97.pdf (last accessed 15 Jul 2007).

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Cambridge Quarterly of Healthcare

Ethics

A Quarterly Journal Devoted to Engaging a World Community of Bioethicists

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