

Praise for *When Postpartum Packs a Punch*

“‘First I had a baby. Then I felt crazy.’ Such a powerful and poignant beginning to this important book on postpartum illness. What Kristina Cowan offers goes way beyond the courage of sharing her own and other personal stories. *When Postpartum Packs a Punch* speaks the language that postpartum families long for; it is rich with compassion, hope, and much-needed resources. This book is hugely informational, it is comforting, it is healing.”

—**Karen Kleiman, MSW, LCSW**

Founder of The Postpartum Stress Center, and author of *Therapy and the Postpartum Woman* and *The Art of Holding in Therapy*

“If there was ever a book for fathers to educate themselves about perinatal mental health, it is this incredible book.”

—**Mark Williams**

Founder of International Fathers Mental Health Day, speaker, author, and campaigner

“Are you feeling the punch of the postpartum period? Many new parents do. But in her book, *When Postpartum Packs a Punch*, Kristina Cowan helps the reader understand the scientific and personal sides of this often-unanticipated problem. This well-researched and well-written book can help you see that you are not alone in your struggle, and that there is help.”

—**Dr. Jonathan S. Abramowitz**

Clinical psychologist, professor, and international expert on OCD and anxiety disorders

“Like a thunderclap on a cloudless day, perinatal mood and anxiety disorders upend a woman’s vision of herself as a mother, as a person. With unflinching honesty, Kristina Cowan chronicles her odyssey through the heartbreak of depression following her son’s birth. Using her story as a backdrop, Cowan weaves a tapestry of other women’s voices, those who love them, and those who treat them. This enlightening book uniquely describes the history and development of international treatment models, which are finally being adopted and adapted in this country, serving up hope, inspiration, and reassurance.”

—Dr. Margaret Howard
Director of the Day Hospital and Women’s Behavioral Health at Women and Infants Hospital in Providence, Rhode Island

“Kristina Cowan’s book, *When Postpartum Packs a Punch: Fighting Back and Finding Joy*, is a great contribution to reliable education and research on perinatal mental health. As are most therapists and advocates, I am careful and protective when I recommend books to parents who are struggling with distress and trauma related to pregnancy, childbirth, and postpartum. I’m also determined to share evidence-based research in the field with providers and researchers. Cowan puts her expert reporting and expressive skills to work here, and the result is a resource that is informative, hopeful, and motivating. Including the subject of post-traumatic stress as a common perinatal mental health issue is just one example of the unique contributions in this book. We need more resources like this—using clear evidence to help families and providers improve the landscape for perinatal mental health. The information and personal excerpts empower families, as well as providers and policy makers. Together, and with solid information like this, we can make the landscape easier to travel, and our ability to care more effective. Cowan writes, ‘Changing the way PMADs are discussed, both formally and informally, is crucial. ... By saying, “I’ve been where you are, and it’s awful. But I got through it, and so will you,” we show new mothers they’re not alone. We offer hope, which is the heart of this book.’”

—Wendy Newhouse Davis, Ph.D.
Counseling & Consultation, and executive director of Postpartum Support International