



# **A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years**

*Ruta Nonacs*

[Download now](#)

[Read Online](#) 

[Click here](#) if your download doesn't start automatically

# A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years

*Ruta Nonacs*

## **A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years** Ruta Nonacs

Depression affects women almost twice as often as men, with about one in four women suffering from it in her lifetime. While depression may strike at any time, studies show that women are particularly vulnerable during their childbearing years.

Despite the increasing awareness of this deeply concerning issue, many studies and health professionals still continue to focus almost solely on postpartum depression, ignoring the fact that depression is just as likely to affect women while they're trying to conceive and during pregnancy. Now, in this comprehensive, empathetic, and candid book, Dr. Ruta Nonacs, a senior member of the Center for Women's Mental Health at Massachusetts General Hospital and mother of two children herself, confronts the seldom talked-about issues of pregnancy-related depression, including:

Becoming pregnant while being treated for depression

Infertility-related depression and the effects of fertility treatments

Understanding the effects of maternal depression on spouses and family

Postpartum depression and anxiety

Nonacs also addresses the many complicated issues in a woman's life during the span of her childbearing years -- education, career, marriage, childbearing, and child rearing -- and discusses the ways in which depression often takes hold during potentially stressful times. Nonacs identifies many of the symptoms of depression associated with pregnancy and discusses treatments and cures, as well as ways to minimize effects of depression on family and friends.

Straightforward and honest, as well as emotionally sensitive and deeply moving, *A Deeper Shade of Blue* gives every woman who has suffered from pregnancy-related depression the information she needs to get the best care for herself, during pregnancy and beyond.

 [Download A Deeper Shade of Blue: A Woman's Guide to Recognizing ...pdf](#)

 [Read Online A Deeper Shade of Blue: A Woman's Guide to Recognizin ...pdf](#)

**Download and Read Free Online A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years** Ruta Nonacs

---

## **Download and Read Free Online A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years Ruta Nonacs**

---

### **From reader reviews:**

#### **Hazel Mishler:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite e-book and reading a guide. Beside you can solve your problem; you can add your knowledge by the guide entitled A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years. Try to face the book A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years as your close friend. It means that it can to be your friend when you really feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know anything by the book. So , we need to make new experience and knowledge with this book.

#### **Athena Thornton:**

Here thing why this A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years are different and trusted to be yours. First of all reading a book is good but it depends in the content of computer which is the content is as delightful as food or not. A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years giving you information deeper since different ways, you can find any e-book out there but there is no guide that similar with A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years. It gives you thrill examining journey, its open up your own eyes about the thing which happened in the world which is possibly can be happened around you. You can easily bring everywhere like in playground, café, or even in your means home by train. For anyone who is having difficulties in bringing the paper book maybe the form of A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years in e-book can be your alternate.

#### **Errol Garvin:**

You could spend your free time you just read this book this e-book. This A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years is simple bringing you can read it in the recreation area, in the beach, train as well as soon. If you did not have much space to bring typically the printed book, you can buy often the e-book. It is make you quicker to read it. You can save typically the book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

#### **Patty Scheuerman:**

Do you like reading a publication? Confuse to looking for your best book? Or your book has been rare? Why so many concern for the book? But just about any people feel that they enjoy with regard to reading. Some people likes studying, not only science book and also novel and A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years or perhaps others sources were given

understanding for you. After you know how the great a book, you feel would like to read more and more. Science guide was created for teacher as well as students especially. Those publications are helping them to include their knowledge. In various other case, beside science e-book, any other book likes A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years to make your spare time far more colorful. Many types of book like here.

**Download and Read Online A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years Ruta Nonacs #JEAN0TY94HW**

## **Read A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs for online ebook**

A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs books to read online.

### **Online A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs ebook PDF download**

#### **A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs Doc**

**A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs Mobipocket**

**A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs EPub**

**A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs Ebook online**

**A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs Ebook PDF**