



# **Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression**

*Baruch Finkelstein*

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# Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression

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## **Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression**

Baruch Finkelstein

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.

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