



Parents: Imperfect but Happy!

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Genres : Psychology/Psychoanalysis

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Prenatal and postnatal depression, baby blues, daddy blues, and parental burnout.

This book provides a great place to start a conversation that may save your life! It will help parents get over their guilt, regain confidence, engage with their spouses, or even go on to seek further help from dedicated specialists. Peppered with questionnaires, handy summaries, and testimonies of personal experience from health professionals and parents, this book is a valuable game-changer.

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