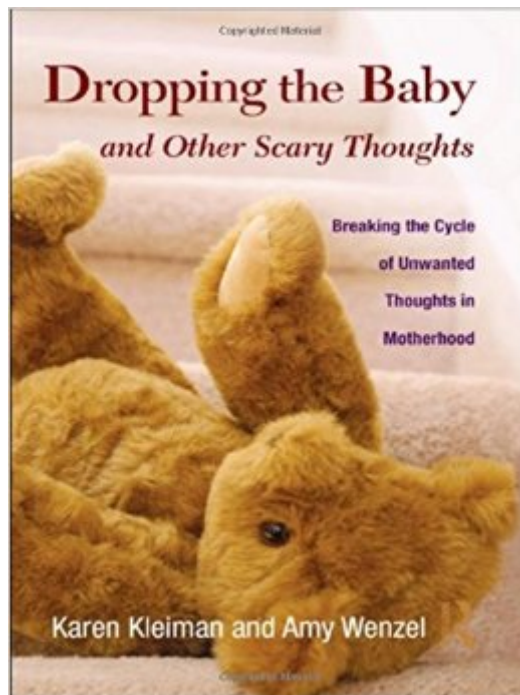


The book was found

# Dropping The Baby And Other Scary Thoughts: Breaking The Cycle Of Unwanted Thoughts In Motherhood



## Synopsis

What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub? Thoughts like these can be frightening to new mothers, but are a common symptom pregnant and postpartum women can experience. *Dropping the Baby and Other Scary Thoughts* addresses the nature of these intrusive, negative and unwanted thoughts. Kleiman and Wenzel offer answers to the women who seek information, clarification, and validation in this useful resource for healthcare professionals working with these mothers. Written by two clinicians who have established themselves as leading experts and authors in this specialized field, this book maintains a compassionate tone that will be a voice familiar to many women in the postpartum community. Whether you must confront these negative notions personally or in your practice, this book will explain what these thoughts are, why they are there, and what can be done about them.

## Book Information

Hardcover: 272 pages

Publisher: Routledge; 1 edition (November 15, 2010)

Language: English

ISBN-10: 0415877008

ISBN-13: 978-0415877008

Product Dimensions: 6.3 x 0.8 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #179,708 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #230 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #238 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#)

## Customer Reviews

Totally read but also do this -When I saw the *Dropping Baby and Other Scary Thoughts*, I ordered it. I read an [review](#) on this book that was super skeptical and said that if you have OCD talk to your doctor and read *Freedom from OCD* by Dr. Grayson. I was desperate for help, so I did both. The *Dropping..* was so helpful in making me realize that I had an actual condition and that I wasn't alone (which was the first light at the end of a hellish tunnel) but Dr. Grayson's book actually taught me the techniques to help me heal and conquer the OCD (which I didn't totally realize had started years prior and post-partum just multiplied it.) It was really hard just to even order, let alone read these

books, but I read both these books (I read Dr. Grayson's twice - it's massive so that was a challenge for me!). I also found a GOOD therapist (one who does CBT - my prior one didn't help me with the CBT/exposure stuff - and I wish I found a good one years earlier), and wha- bam! - I feel happier than I have ever felt. I had literally no hope before, and now, life is great and I can focus on what matters - thank you Karen Kleiman! Even though it's extremely difficult to deal with this hellish and frightful anxiety (especially with babies/ little sleep or time) I encourage anyone reading this to find the strength to read this book and the other one, find a good therapist, and conquer their fears. It feels so beyond hopeless in the moment, but now that I am out of the trenches I am so grateful for books like these that cover way more than a therapist can in a short session. (But, again - I recommend that too). I really felt so hopeless and freaked out and like something was really, really wrong with me. I never thought I would be where I am at today, but I am!

[Download to continue reading...](#)

Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood  
Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) The Unwanted Wife (The Unwanted Series Book 1) Scary Close: Dropping the Act and Finding True Intimacy That Crooked Mirror: A Scary Tale of Cinderella and the Invisible Man (The Scary Tales Book 6) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Missional Motherhood: The Everyday Ministry of Motherhood in the Grand Plan of God Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) El Ciclo De Vida De La Rana/Life cycle of a frog (Ciclo De Vida / the Life Cycle) (Spanish Edition) Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly Total Recovery: Breaking the Cycle of Chronic Pain and Depression Breaking the Headache Cycle: A

Proven Program for Treating and Preventing Recurring Headaches Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame Naughty No More: Change Unwanted Behaviors Through Positive Reinforcement Your Government Failed You: Breaking the Cycle of National Security Disasters

[Dmca](#)