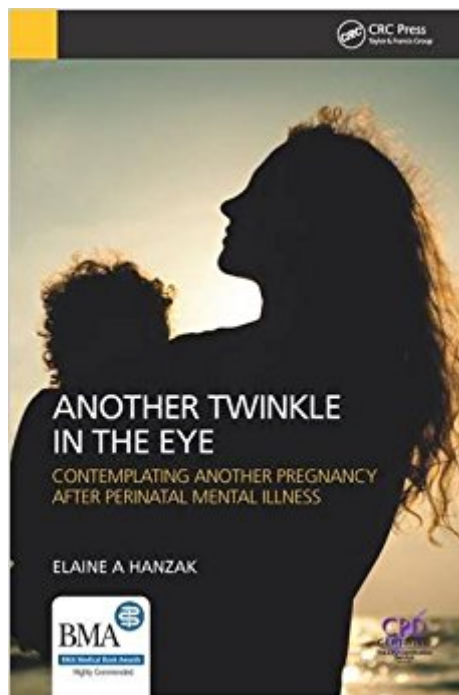




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# Another Twinkle In The Eye: Contemplating Another Pregnancy After Perinatal Mental Illness



## Synopsis

Another Twinkle in the Eye is an essential guide for anyone contemplating another pregnancy after perinatal mental illness. The decision to bring a child into the world is rarely one that is taken lightly. When a previous pregnancy and early parenthood has resulted in poor maternal and/or paternal perinatal mental health, making a conscious decision to have another baby can be even more challenging. This unique book provides facts, resources, and discussion points to support people in making informed and comfortable decisions. It is also an essential resource for health professionals who support or are involved in the decision-making process of couples planning another pregnancy.

The author combines personal experience with real-life stories from other parents. Also included are contributions from healthcare professionals. The book offers comprehensive coverage across five key areas: Reflection on the previous pregnancy, miscarriage or stillbirth, Decisions to be made when considering another pregnancy, Ways to plan for and to have a healthier experience, The role of healthcare professionals and facilities, and Self-help and complementary techniques for good mental health in the perinatal period.

## Book Information

Paperback: 384 pages

Publisher: CRC Press; 1 edition (September 18, 2015)

Language: English

ISBN-10: 1846198887

ISBN-13: 978-1846198885

Product Dimensions: 0.8 x 6 x 9.2 inches

Shipping Weight: 12.6 ounces

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Best Sellers Rank: #1,030,756 in Books (See Top 100 in Books) #67 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Reproductive Medicine & Technology](#) #148 in [Books > Medical Books > Medicine > Internal Medicine > Reproductive Medicine & Technology](#) #396 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology](#)

## Customer Reviews

"A very good combination of information on issues related to perinatal mental illness for the general public and health professionals. A guide and reference book for anyone who has suffered from perinatal mental health illness. The book strengths are that the contents are the product of the

experience of the author, both personally and from her own research." (Highly Commended, Popular Medicine, BMA Medical Book Awards 2016) "One of the strengths of these books is the author's own experiences, which are interwoven with factual information and guidance without being prescriptive; in addition, the vignettes from other women's experiences give balance to the content. It is of utmost importance that the profile of perinatal mental illness is raised to ensure that those affected get the appropriate help and to reduce the needless deaths of women suffering from this potentially life threatening illness. This book and the earlier work contribute in educating and informing and to some extent offer reassurance to all those affected and who come into contact with perinatal mental health concerns."- Cathy Ashwin, Principal Editor, MIDIRS "This is an engaging conversation about how to prepare for and manage perinatal mental illness. Readers will develop a deeper appreciation for the variety of experiences women have during this period. General clinicians to women's mental health experts will find it is a great book to recommend to patients." • Mabel Avilas, MD (Rush University Medical Center), Doody Enterprises "This book is the best I have read about the topic of perinatal mental health ... It is the book I have been wishing had been written to enable others to understand what is going on during a period of illness and how best to ask for help and support others who are suffering ... I would highly recommend [it]" "It should be a standard reference book | It brings together a lot of practical text | the sort of things you might spend hours looking for on the internet | [it brings] together the facts, resources, discussion points and information to help people make an informed decision." M. Greenwood, MHSM, Dip HSM "this book is a must for all who come in to contact with women and their families who may or have experienced PP." M. Howard, Senior Midwife and Supervisor of Midwives "A very important and much needed resource which I am certain will be appreciated by so many people | [it] is a one-stop resource for any family considering a new addition following the experience of perinatal illness | Covering just about every thought, emotion and practical suggestion necessary, this is a real must both for families and health care professionals." M. Luce, mother of two boys and considering another baby | "I can't recommend this book enough, it's worth taking the time to read a few pages a day even just to have the knowledge and to be able to understand what's happening and why." M. Gastro Baby's Blog

Elaine Hanzak is a writer and speaker at conferences and workshops for health professionals and others on a variety of topics, developed from her experience of puerperal psychosis and

bereavement. She frequently participates in TV, radio and other media discussions.

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