



# **How To Identify Postpartum Depression: The 'Baby Blues' are not supposed to linger - mother and baby deserve to be happy together**

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Most new mothers are so weary and weepy after their baby is born, they don't even realize that they need help. If each woman and her close family members could learn to recognize the tell-tale signs of PPD (postpartum depression), she'd be able to pull herself together to face the challenges of motherhood ahead.

Written by experts in the field, Quick Easy Guides share little-known trade secrets and helpful hints to get you moving in the right direction.

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