



# A Mother's Tears: Understanding the Mood Swings That Follow Childbirth

*Arlene M. Huysman*

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# A Mother's Tears: Understanding the Mood Swings That Follow Childbirth

*Arlene M. Huysman*

**A Mother's Tears: Understanding the Mood Swings That Follow Childbirth** Arlene M. Huysman  
A Mother's Tears is a specialist's response to what Dr. Arlene Huysman refers to as the "Don't Ask, Don't Tell" attitude our society has with regard to many health issues that affect women exclusively, including postpartum depression. In a penetrating investigative style, Dr. Huysman secures first hand knowledge through case histories, key interviews, and medical research from top experts in the field, to help women and their families understand once and for all that although childbirth is not always the bliss that the greeting card companies would have you believe, there is much that can be done to help.

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