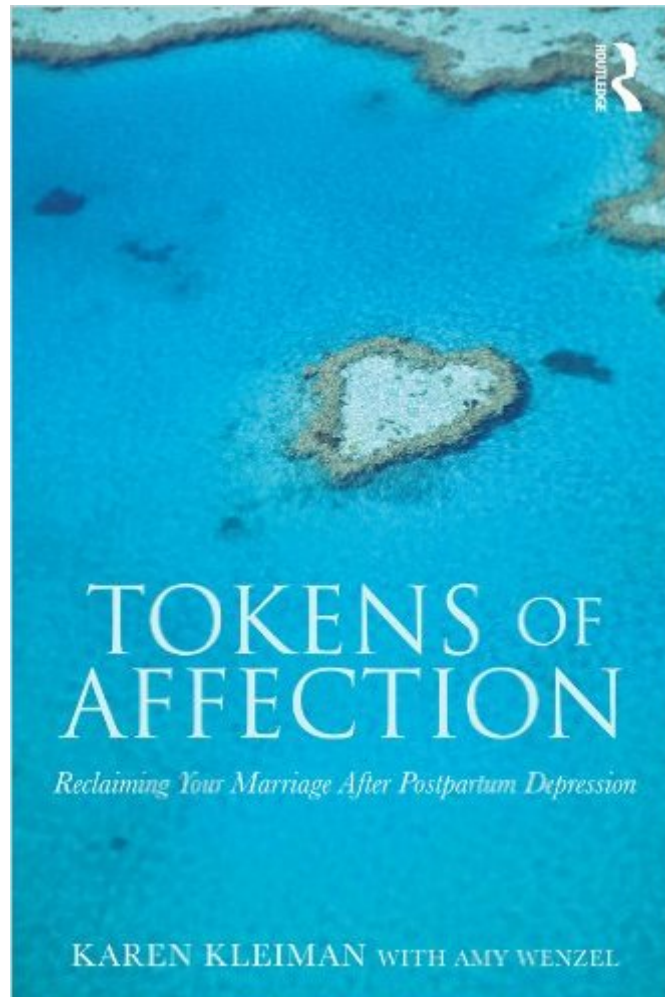


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# Tokens Of Affection: Reclaiming Your Marriage After Postpartum Depression



## Synopsis

Postpartum depression is hard on a marriage. In their private practices, authors Karen Kleiman and Amy Wenzel often find themselves face-to-face with marriages that are suffocating, as if the depression has sucked the life out of a relationship that was only prepared for the anticipated joy of pending childbirth. What happens to marriage? Why do couples become angry, isolated, and disconnected? *Tokens of Affection* looks closely at marriages that have withstood the passing storm of depression and are now seeking, or in need of, direction back to their previous levels of functioning and connectedness. The reader is introduced to a model of collaboration that refers to 8 specific features, which guide postpartum couples back from depression. These features, framed as "Tokens," are based on marital therapy literature and serve as a reminder that these are not just communication skill-building techniques; they are gift-giving gestures on behalf of their relationship. A reparative resource, *Tokens of Affection* helps couples find renewed harmony, a solid relational ground, and reconnection.

## Book Information

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## Customer Reviews

As a Psychiatric Nurse Practitioner specializing in Postpartum Mental Health disorders, I find this book so useful, that I would not hesitate to recommend it to couples whose marriage had suffered in the wake of any trauma, as well as couples just starting out on the journey of their lives together, in order to learn how to care for themselves and their relationship when the normal stresses and strains of married life arise. I also recommend this book to couples who are struggling not only with the aftermath of postpartum illness, but simply with the disconnection or neglect of the marital relationship that often results from the extreme busyness, fatigue and differing needs that are inevitable when a helpless infant is added to a family.

This book was recommended to me to use with the families I work with who are under great stress. The book is exactly what they need. I love the author's voice, I have read her other books. She always sounds like she is speaking directly to me. There are wonderful practical suggestions in the book, but mostly, it's extremely reassuring and hopeful for couples who are struggling in any way. I found myself thinking about my own marriage while reading it on behalf of my clients. It is truly a wonderful and important resource. She seems to know exactly what couples need to hear. I highly recommend this as well as her other books.

There are lots of books geared towards helping women recover from postpartum but not many that focus on the rebuilding or reclaiming of a marriage affected by postpartum depression like *Tokens of Affections* does. As a therapist and a woman of two small children, I appreciated the way Karen Kleiman and Amy Wenzel broke down what could be seen as complex ideas into bulleted key areas that are usually affected in a marriage. They write about the "tokens" in a simplistic yet relatable way of actually implementing them with or without professional help. I would definitely recommend this book to any looking to grow in their marriage after overcoming so much during their postpartum struggles.

This book was extremely helpful for my relationship. I haven't had a baby, and I'm not married, so I was wary about getting this book (targeted for married women who have had a baby), BUT I am in a long-term, serious relationship, with a fair share of relationship problems. This book spoke directly to me. The language used in the book was informal so it made me forget that I was "doing work" for my relationship. Instead, it felt like a friend was giving me advice. The setup of the book was really helpful too. You don't really have to sit down and read every word from

cover to cover to get help (although, I did). You can pick and choose which sections would be most helpful for you personally in your relationship. I can honestly say that this was the best book I've read yet to help with my relationship. It taught me what I need to do to make things better, what my partner should be doing, and what we should be doing together. Now I just need to get my boyfriend to read the book!! I highly recommend this book to ANYONE who could use insight, advice, research-based support, and reassurance about their relationship.

As a clinician, I recommend this book all the time for all my clients who have recovered from postpartum mood disorders. Honestly, I've also recommended it to clients without children, because the content looks beyond motherhood and really works to connect couples again. The eight tokens are solid keys to any long term relationship, and after a recovery from depression or anxiety, it's often essential to rebuild and repair. Let this book be your road map. Jessica Foley, MA, LMHC practices psychotherapy to help women with various issues, including postpartum mood issues.

Although this book targets women who are recovering from Postpartum Depression, the tokens can prove valuable in any relationship. Whether it's been four years or forty, every marriage needs a little dusting off and sprucing up. Karen explains why relationships slip into shaky grounds, and provides a series of strategies to help the relationship get back on track. The book is a must read for anyone who's married to an individual who suffers from depression. It gives you sound advice for loving someone who doesn't always love themselves. Bravo, Karen.

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How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)  
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