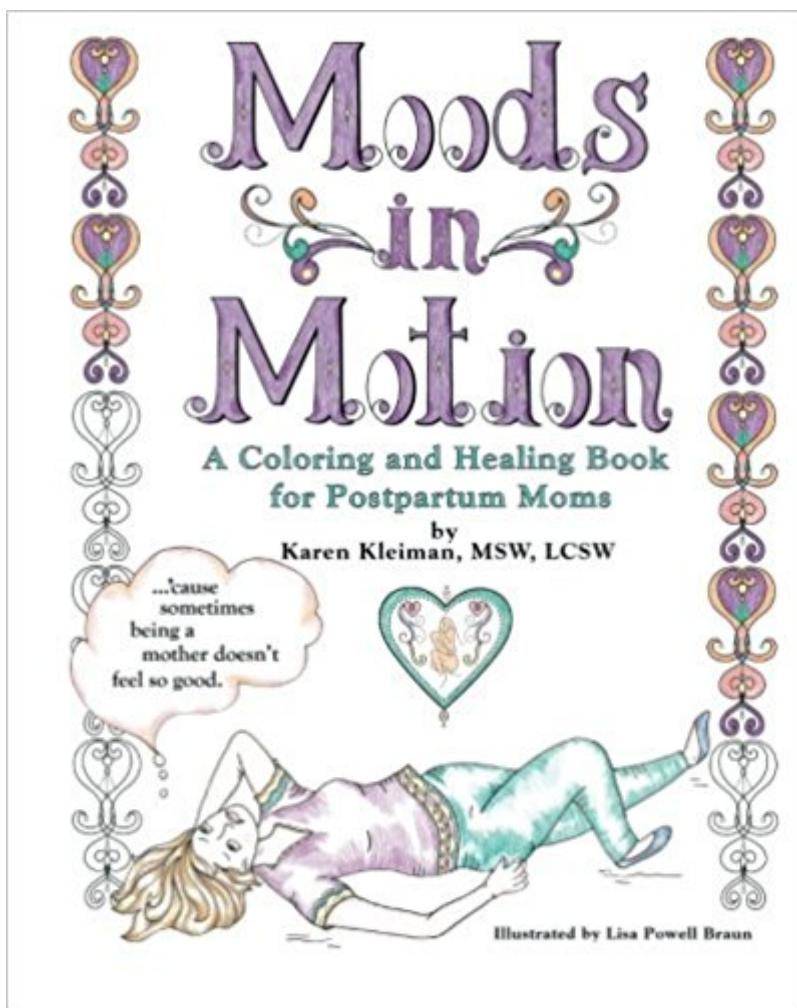


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# Moods In Motion: A Coloring And Healing Book For Postpartum Moms



## Synopsis

Created by an internationally recognized expert in the treatment of postpartum depression and anxiety, and author of several books on perinatal distress, this book provides the perfect format to introduce a postpartum woman to evidence-based recommendations for healing. *Moods in Motion* is a unique coloring book which addresses the specific areas of distress facing new mothers. Each illustration depicts a symptom followed by an adjoining illustration along with descriptions of recommendations for healing. We are learning more about the benefits of art therapy techniques to distract an anxious mind. Unfortunately, negative, unwanted thoughts are a common phenomenon causing much stress to postpartum women. *Moods in Motion* provides a restorative tool so moms can gain control over how they are feeling and enjoy a creative outlet at the same time. In this way, *Moods in Motion* is more than a coloring book which will ease stress. It is an illustrated guide toward recovery which enables any postpartum woman to actively participate in her healing. As you color your way through the symptom and healing pages, you will envision and internalize suggestions that bring you closer to feeling like yourself again!

## Book Information

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## Customer Reviews

"This wonderful coloring book by postpartum expert Karen Kleiman offers postpartum moms a unique way to help themselves heal. Research shows that art therapy combined with affirmation and acceptance can aid recovery for many conditions. A first in its field. What a lovely way to get better!" -Diane Sanford, PhD, Women's Health Psychologist; self-care, mind/body and postpartum expert "A picture is worth a thousand words as this elegant coloring book for the

postpartum mom demonstrates. Karen Kleiman's creative use of illustration to tell a story gives deep meaning to the lived experience of postpartum depression and offers a unique therapeutic path to healing." -Diana Lynn Barnes, PsyD., The Center for Postpartum Health; Editor, "Women's Reproductive Mental Health across the Lifespan." "Just what the therapist ordered! Karen Kleiman, a prolific writer and highly regarded specialist in the field of perinatal mental health, has created a wonderfully creative and therapeutic tool for healing. Her work is rooted in trusted scientific evidence, and I am certain this book will ease suffering while promoting self-compassion and wellness." -Pec Indman, EdD, MFT, author, Beyond the Blues, postpartum leader "Moods in Motion is an innovative, beautiful and useful healing tool. Thank you for this wonderful creation!" -Shoshana Bennett, Ph.D., Author, Postpartum Depression for Dummies

Karen Kleiman, MSW, LCSW, is a well-known international expert on the treatment of postpartum depression and anxiety. In 1988, Ms. Kleiman founded The Postpartum Stress Center, LLC, the premiere treatment and training facility where she treats individuals and couples experiencing prenatal and postpartum mood and anxiety disorders. She has authored several books on postpartum mood and anxiety disorders, including the groundbreaking book, This Isn't What I Expected: Overcoming Postpartum Depression, (with Valerie Davis Raskin), The Postpartum Husband: Practical Solutions for Living with Postpartum Depression, What Am I Thinking: Having a Baby After Postpartum Depression, Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek Their Help, Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood (with Amy Wenzel), Cognitive Behavioral Therapy and Perinatal Distress (with Amy Wenzel), Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression (with Amy Wenzel); The Art of Holding: An Essential Intervention (in press).

As a life long colorer, I appreciate the details, the variety of images and free space for random creativity. As a therapist, I love the format of the book- there are distressing postpartum thoughts with a corresponding image and then on the next set of pages there is a healing statement and matching image. The free space also is quite useful for clients to journal or otherwise personally express themselves. So thankful this exists for my clients.

Can be a good tool for therapy in the postpartum period, I have recommended this coloring book to clients.

Relaxing and encouraging all in one. Well put together.

Another lovely book by Karen Kleiman! I love sharing this book with the new moms I work with. It's easy to understand, and I am starting to use it in session with clients so we can discuss the art they create & color. It's a naturally relaxing activity, and the text lends itself well for those women struggling with symptoms of postpartum mood disorders. I believe any mom would benefit by taking some "me" time, and using this not just as a coloring book, but more of a workbook that they can share with a clinician. Thanks so much for a new medium to share with moms. Creativity is an important way that we integrate emotions, and this book does a lovely job assisting.

I love this book and highly recommend it. Having suffered with postpartum depression myself, I wish it had been available when I was going through it. *Moods in motion* is a wonderful adult coloring book for postpartum mothers by Karen Kleiman, a specialist in perinatal mood & anxiety disorders. The book is made up of "symptom" and "healing" pages. The symptom page has a statement of how a mom might be feeling. The following page has an "affirmation or recommendation" for moms. The statements are short and easy to read and understand. Many of the statements on the symptom pages were feelings or thoughts I experienced myself when I had postpartum depression. The "affirmations" were excellent pieces of advice/words of wisdom and are written in a very reassuring way and do not minimize what a mom may be feeling. The coloring pages are beautifully designed and I found them to be very calming while I colored.

I bought this to use with my clients but will have to get another as I started coloring it myself! The images and words match up perfectly, each page more thoughtful than the last. I look forward to giving my clients a chance to use creativity as a complimentary therapeutic tool to talk therapy.

What a great way to clear your mind of negative thoughts: by focusing on creating beautiful art. Sometimes we just need to get out of ourselves and our worries, and this coloring book provides a way to do just that. Beautiful pictures just waiting to be filled in with color!

Leave it to Karen to create this beautiful and constructive way to express and manage feelings in a therapeutic way. It touched me on many levels, both cathartic and healing. I strongly encourage others to enjoy the benefits of this wonderful book!

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