## Contents

List	of figures	xi
Abbreviations		xiii
1	Introduction	1
2	The changes of pregnancy	13
3	Progesterone-its molecules and receptors	26
4	The blues	41
5	Black depression	47
6	Endless exhaustion	62
7	Irrational irritability	69
8	Not tonight, Josephine	77
9	Psychosis	85
10	Infanticide and homicide	92
11	Tales of three mothers	103
12	Maternal behaviour in animals	118
13	Who is at risk?	123
14	Premenstrual syndrome	139
15	Treat the cause not the symptoms	147
16	Progesterone preventive treatment	150
17	Stress—can we ease it?	164
18	The medical team	172
19	The three-hourly starch diet	181
20	Careers and motherhood	190
21	And fathers too	198
22	We all can help	205
23	A way ahead	220
Use	eful addresses	224
Further reading		225
Some publications by Katharina Dalton		226
Publications by Wendy Holton		230
Glossary of drugs		231
Glossary		233
Index		237