



# SHOSHANA BENNETT, PHD

NORDIC NATURALS ADVISORY BOARD MEMBER

*“Depressed pregnant women who start using omega-3 fish oil can not only alleviate their depression during pregnancy, they also help protect themselves from postpartum depression. I recommend omega-3 fish oil to all my clients as part of their recovery and ongoing wellness regimen.”*

*—Shoshana Bennett, PhD*

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or [sharilhindman1@comcast.net](mailto:sharilhindman1@comcast.net).

## Summary of Expertise

Shoshana Bennett, PhD, (“Dr. Shosh”) is a pioneer and a leading national expert in the field of postpartum depression. She is the author of *Postpartum Depression For Dummies* and co-author of *Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression*. Her latest book *Pregnant on Prozac* was just released in January 2009. As a survivor of two life-threatening undiagnosed postpartum depressions, she has helped over 18,000 women worldwide through individual consultations, support groups, and wellness seminars. Dr. Shosh founded Postpartum Assistance for Mothers in 1987 and is a former president of Postpartum Support International. As a noted guest lecturer and keynote speaker, she travels throughout the US and abroad, training medical and mental health professionals to assess and treat postpartum depression and related mood disorders. She has earned three teaching credentials, two masters degrees, a Ph.D., and is licensed as a clinical psychologist. Several publications including the *San Francisco Chronicle* and the *San Jose Mercury News* have written articles on Dr. Shosh’s work. She is interviewed regularly on national radio and television such as “20/20” and “The Doctors” and has been quoted in dozens of publications such as *The Wall Street Journal*, *The Boston Globe*, *Glamour*, *Psychology Today*, *New York Post*, *Self*, *Cosmopolitan* and *Chicago Tribune*. A strong advocate for mothers’ well-being, Dr. Shosh created guided imagery audios that are specifically focused on helping moms take care of themselves. Currently, she is working to pass legislation that helps reduce the incidence and impact of postpartum mood disorders.

## Specific Subjects

Postpartum depression, depression, pregnancy, women’s well-being, natural solutions for postpartum and regular depression, essential fatty acids, omega-3s & 6s, EPA, DHA, GLA, fish oil supplementation and research, fish oil products, cod liver oil, healthy mood, hormone support and special needs for pregnant and lactating women; lifestyle changes for improved health and mental and physical performance

## Published Works

- *Pregnant on Prozac*, Globe Pequot Press, 2009
- *Postpartum Depression For Dummies*, Wiley Publishing, Inc., 2007
- *Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression*, co-author, Moodswings Press, 2006 (second edition)

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