

Depression and Pregnancy Decision Handbook Finalist for Book Award

Stephanie Durruthy MD, the author of "The Pregnancy Decision Handbook for Women with Depression," is a book award finalist for ForeWord Magazine.

Ellicott City, MD, April 17, 2006 – “The Pregnancy Decision Handbook for Women with Depression” by Stephanie Durruthy, M.D. has been chosen as an Award Finalist for ForeWord Magazine’s 2005 “Book of the Year,” in the Psychology category. Award winners will be announced at the BookExpo America at the Washington Convention Center in Washington, DC Friday, May 19th, 2006.

The work of independent publishers and their authors is highlighted by ForeWord Magazine’s Book of the Year Award. Uniqueness of the narrative, the value the book adds to its genre, editorial accomplishment, and professional production are all considered in the judging. Librarians, booksellers, and reviewers evaluate the categories for entry and choose the winners.

“The Pregnancy Decision Handbook for Women with Depression” is an educational tool that helps address the complex issues of pregnancy. It is friendly, interactive, and an easy read. The handbook answers questions, supplements other information, and clears up misinformation about depression and pregnancy.

“The Pregnancy Decision Handbook for Women with Depression” is an authoritative guide for women who suffer with depression and must make difficult decisions related to their unborn child,” said Steven S. Sharfstein, M.D., President of the American Psychiatric Association.

Stephanie Durruthy, M.D. is a board certified psychiatrist in private practice, mother and expert in the field, and a strong voice on behalf of women and their mental health. As a member of the American Psychiatric Association, she serves on the Committee of Women.

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