

Press Release  
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## **MARYLAND PSYCHIATRIST WINS BOOK AWARD**

Ellicott City, MD – The Black Issues Book Review has chosen The Pregnancy Decision Handbook for Women with Depression by Stephanie Durruthy, M.D., as one of two Best Self-Published Titles for 2006. This distinction was announced in the November/December 2006 issue.

This book has also been honored as a national Silver Award winner for ForeWord Magazine's 2005 "Book of the Year." More than 1,500 titles were submitted in 55 fiction and nonfiction categories. The award was given in the Self Help category at the BookExpo America in Washington DC, May 19<sup>th</sup>, 2006.

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., past 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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