

paid household workers' efforts benefit only themselves and their dependents. They also assert that relationships mediated by paid or unpaid *carework* can bridge boundaries between genders, ethnicities, ages, and abilities in any socio-cultural context or time period. In seeing household work as an “embodied, dynamic, and intersubjective” learning process, Eichler et al. clarify the complex and changeable nature of household work and the impact that it can have on oneself and others (165).

This volume illuminates the vital contribution of myriad household workers to society. For instance, both paid and unpaid household workers enable their spouses and employers—who are most often male—to perform paid work for longer periods of time, more thoroughly and effectively, and for increased acknowledgement and remuneration. The authors insist that these factors ought to increase society's economic valuation of household workers and inform an expanded definition of household work (23-25).

This book seeks to overturn the systemic policies that oppress household workers and to empower them by affirming their learning (215-24)—large and laudable ambitions. The descriptions of the learning, unlearning, and relearning in which household workers must participate imbue the book's empirical data and analysis with a notable significance and breadth. Thus, April, a live-in caregiver cited by the authors, boldly asserts that household work is nothing short of “doing everything,” more than we are asked to do, to sustain our own lives, and the lives of those for whom we care (192).

Depression in Mothers: Causes, Consequences and Treatment Alternatives, 2nd edition

Kathleen A. Kendall-Tackett.
London: Routledge, 2010.

Reviewed by Gillian M. E. Alban

The second edition of *Depression in Mothers: Causes, Consequences and Treatment Alternatives* by Kathleen A. Kendall-Tackett showcases original research to corroborate the author's belief that inflammation is the underlying physical cause of depression—a more significant risk factor than stress, sleep disturbance, pain, psychological trauma, and past abuse. Kendall-Tackett thoroughly considers each facet of postpartum depression. She examines the myths surrounding the issue, evaluates various surveys on postpartum depression