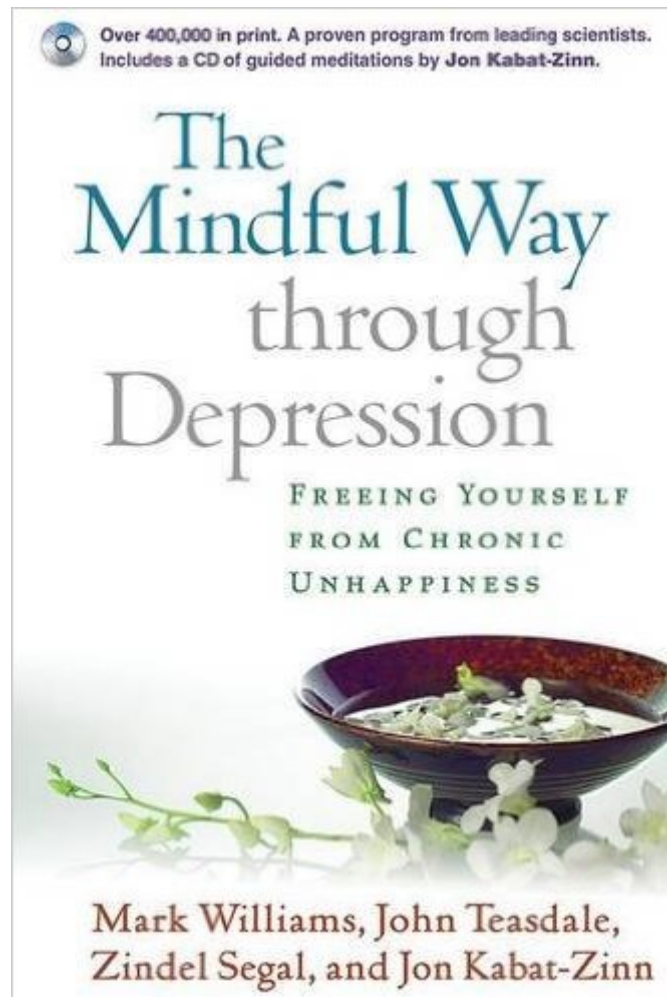


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# The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness (Book & CD)



## Synopsis

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think our way out of a bad mood or just snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. Jon Kabat-Zinn gently and encouragingly narrates the accompanying CD of guided meditations, making this a complete package for anyone seeking to regain a sense of hope and well-being.

## Book Information

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## Customer Reviews

This is truly an excellent method of working to accept and overcome the problems of depression. I have read some of the classic books on depression and cognitive therapy such as David Burns' "Feeling Good", and this is a much more comprehensive approach, based on the principles of cognitive therapy but with the addition of mindfulness. This approach is also good for people who aren't really clinically depressed but who get caught up in negative thinking patterns and low self esteem: "Why me?" "I'm a loser", "I'll never get ahead", etc... The book has a great cd with it to teach you exactly how to practice the mindfulness exercises. I hesitate to use the term meditation because people tend to start thinking things like "I can't meditate", "It's too hard", etc... By the time

you read the book, you will understand that meditation is not hard at all, it's just a matter of doing it, and it can be done in as little as 3-5 minutes and still be worthwhile. It's not a matter of "contemplating your navel" but rather just learning to BE in the present moment, to watch one's thoughts arise and fall away, to slow down, to look at what is happening in one's body and in one's mind. Nothing at all difficult about it. You can do it. And you will find it worthwhile if you do it for a few weeks. I highly recommend this book to people suffering from depression. Another very good book for certain types of depression and anxiety that I highly recommend is "Emotional Blackmail" by Susan Forward, which helped me a great deal. One more book I will recommend not so much specifically for depression but because it teaches the value and technique of "mindfulness", is Jon Kabat-Zinn's "Wherever You Go, There You Are". The last thing I will say is that just reading any of these books is not enough! You MUST do the exercises and put mindfulness into practice! You will be glad you did!

I highly recommend this book. I have suffered from depressed for a long time, and I am always looking for new ways to cope with my depression. I found this book to be most helpful in describing useful techniques to deal with my depression. The book is written in very layman language and is easily understandable. To my knowledge the four professionals who wrote this book collaborated their ideas, and came up with a scheme that was relatively easy to follow. I take anti-depressant medications that enable me to get up to "base line", but after that, if I do not have some way of facing every day problems, I find myself in the dump of depression again. This book helps me to stay up, and not slip back too far into depression. Medications are very helpful, but by themselves, they can not keep one at base line (or what some people call "normal.") Once we reach base line, we depressed persons, need help in staying at that level. The teachings of this book definitely has helped me in this endeavor. I do not say this book totally cured me of depression (I don't think anything ever will.) However, the information in the book has been a big help to me, and I can cope with depression much better than I did before I read the book.

This is a ground-breaking method in the treatment of depression by combining C.B.T. with Buddhist mindfulness practice. The descriptions and exercises for meditating have helped me to overcome my resistance(s) to practice. I also have discovered "moving meditation" that can be done with walking, swimming, whatever to reach a result that is even more enlightening than classic sitting meditation practice. I also realize from my past deep depressions that any practice seems hard because it is extremely difficult to overcome "inertia" and cut through the cognitive "fog" symptoms

that accompany the disease. Hopefully, the moving meditation practice and some simple cognitive practices described here could be effective even under the duress of a full blown relapse. This book is also very well written and clearly readable.

I have suffered depression for years. I have been to five "shrinks", been placed on three different medications (not at the same time, of course) to treat the depression and all to no effect. I have read other books on depression but this one is the only one that is actually making a noticeable and positive change in my life. Simply put, the approach works. It takes effort (which is extremely difficult if depression is severe) and practice, but the benefit is very well worth it. I read the reviewer who gave the book a 1 star rating, I can't know whether they actually read the entire book or simply a part of it, or perhaps even completely misunderstood it but from the short note they left I believe it must be the former. It is not, as that reviewer claims, evolution that makes one depressed and is thus "hard wired" (to use their terminology). Rather it is our thoughts and how we react to them. More, it is how we get caught in a downward spiral with old-habit thought patterns when something goes wrong or even if we feel a bit blue that can send us into depression. Recognizing these thoughts and habits and taking a completely different approach to them is key, and how to do that is clearly outlined in this book. As I stated, I have suffered from depression for years and only now do I see hope. Medication did not work for me. The "shrinks" did not work for me. This approach has. I'm only stating my own experiences here, not giving medical advice. The only advice I give here is this: If you suffer from depression, it is worth it to at least try the approach in this book. It's made a difference for me where nothing else has.

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