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The Mindful Way through Depression

FREEING YOURSELF
FROM CHRONIC
UNHAPPINESS



Mark Williams, John Teasdale,
Zindel Segal, and Jon Kabat-Zinn

Mark Williams and

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



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If you've ever struggled with depression, take center. In *The Mindful Method through Depression*, four uniquely qualified experts explain why our usual attempts to “ Mindfulness, a simple yet powerful method of watching your most challenging emotions and life encounters, can help you break through the cycle of chronic unhappiness forever. think that” lead us deeper into the downward spiral. snap out of this” our way out of a bad mood or simply “ Jon Kabat-Zinn carefully and encouragingly narrates the accompanying CD of guided meditations, causing this to be a complete package for anyone searching for to regain a sense of wish and well-being.s difficulties with greater resilience. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental practices that lead to despair, including rumination and self-blame, so that you can face life'



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A bit of guidance. I really like the fact that you can download them even if you buy the kindle version. Very helpful book for ruminators I found the book to be a real help in focusing on how we create our very own suffering and tension/anxiety/depression. No offense, Jon, but I cannot take hearing your tone of voice leading me through your body Scan each day for weeks on end! Then I found this publication. I read it simultaneously as a reserve on cognitive centered behavioral therapy (which I also reviewed) to comprehend the similarities and differences in the approaches. My mother explained all my life that I wasn't supposed to feel angry or unfortunate or frustrated (she still informs me those ideas) but that doesn't work, at least not for me. The meditation is actually good but you need to stick with it actually if your feeling easier to help not really relapse or at least relapse as bad. I have finally begun experiencing periods of happy peace for the very first time since childhood. I know that I never have to proceed down up to now again. This book will not solve your problems or cure your depression. I originally believed it was likely to help me control my thoughts and then I found the revelation that I don't need to do that. It will take time, commitment and some persistence with yourself. You need to be willing. It has been one epiphany after another I've suffered depression for sometime now and I've tried several remedies including antidepressants. The fact that I THINK something doesn't make it true. I was in a constant struggle. Actually I was essentially at war with my own mind, trying to control my thoughts so I could avoid slipping through the bottomless pit of major depression and hopelessness. Some people can only take so much sitting and lying, or gentle yoga. It appears obvious in retrospect. Believe me, I've been trying for years but I only get frustrated and angry at my self when I miserably fail at managing my mind. Then I found this book. It will however provide you with the guidance you may need to help yourself cope with the depression you are feeling and maintain you from spiraling downward. What I got to do was realize that they're simply thoughts! I did improve sometimes but not quite. That I can be familiar with myself and then choose how to react to any given situation, I don't have to respond in autopilot. Very much telling you what to do to get positive results. It also provides plenty of other resources should you want for more information or find additional options. It's been one epiphany after another. I don't mean that I'm depression free of charge but I don't experience so very much burden. walking, jogging or rowing? I really do feel better. I recommend this book. Real life cases they share are honest and smart, the science is definitely solid, and for people who have to read a book to help them deal with tough moments (I experienced one and I did) this is a treasure trove of great tips, methods, and useful insights. I had been meditating for a long time and depressed for even much longer, much, a lot longer, though I somehow did not realize. The CD was great but it would have been nice to get a few extra exercises (meditations) beyond what is offered, such as coping with problems, cultivating kindness and compassion, or even variations on the essential themes offered by the book. The recordings are life savers as well. Both helped. Best method of depression I've ever come across I've experienced depression through much of my life starting at about age group eleven (I'm today forty-seven). I found this book extremely helpful, possess highlighted it extensively, and reread it periodically. I'm now reading it to my adolescent child, who is also acquiring it very helpful. The explanations of how our thoughts get caught in depression ring so true for me, and following a advise given has helped change my emotional lifestyle. The process has been sluggish, as should be expected, but the changes have already been profound. I do have some experience with meditation before I read the book, and I've been on an antidepressant for a long time. I still discover myself thinking about pages from the book almost half a calendar year after finishing it and I'm sure you will to. Adding the data I gained out of this reserve, and living the adjustments it prescribes have already been the boost I needed to start lifting totally out of major depression. I have no idea. I got to a point where I was no longer able to meditate or be mindful because the brain fog, lack of sleep, the constant recursive thoughts, and anger got me spiraling down and down and down. My inspiration was a desire to find a way to handle chronic winter major depression without resorting to antidepressants or psychotherapy. It had been like the lacking piece linking mindfulness - day to day, minute to minute mindfulness - and my mental and emotional state. There is absolutely no question that this reserve has had a genuine impact on my lifestyle and how I see things. But what I discovered after reading it and investigating the field of mindfulness (and even dabbling in Buddhist philosophy via the wonderful podcasts from Against the Stream Buddhist Meditation Middle in LA, that I also recommend) was that anyone expecting miraculous changes in 8 weeks is fooling him or herself. There's the suggestion in early stages in the publication that following the 8 week plan will

somehow result in mysterious and unexpected changes. Well, in case you are significant and apply yourself you WILL see change but it ain't mysterious. This is effort for the long-haul, people! We liked the friendly, compassionate method the book manuals you through the many exercises and explains how and just why our mind functions as it does, and how cognitive patterns can result in unhappiness. One of those rare books you'll never regret reading I confess to not yet committing myself to the program the book offers for lack of time (they rec carrying it out when one has time to spare) BUT this reserve is very near a life saver. I was fortunate to can get on some meds, get some rest and take the time off to access a more neutral condition. (I actually alternated the meditations on the CD with those from the various other Mindfulness book co-authored and narrated by Tag Williams, available online. That Body Scan was about 50 % the length of this one). One suggestion for the next edition, and for all those espousing and teaching mindfulness generally: how about supplying the fidgety in our midst practices for more active mindful motion, e.g. My thoughts are just that and when I realize that it automatically stops my rumination. It had been extremely tiring, I became simply the police of my very own brain. Personally, i do a lot of my mindfulness schooling while Nordic strolling, and find it to be a very good way to noiseless my mind and also release stress, which occasionally accumulates when I am pressured to end up being inactive for too much time a time. Overall a recommended browse for those folks battling major depression in whatever form it takes. I can't see why any therapist would not want to provide it to each of their depressed clients and work with them using the book. AM I GOING TO ever be OK, or even find some lasting happiness? The stories are wonderfully useful if you have ever dealt with depression. I dont recommend just this book. Get a councilor or psychiatrists as well but this is a great start. This is an excellent "how to" book for both therapist and the individual dealing with despair. Not really a cure but possesses a mindful method of depression. Great Reserve For Lay Person or Therapist I am a licensed psychotherapist. I ordered both book and CD Got the book but no CD Mindfulness applied to Depression Enjoyable read I would recommend. I didn't know that was possible! I've tried many meditation techniques but never mindfulness and it provides helped me. It isn't specialized reading at all. Great Book for depression This book really help improve my life. I can also say it does not require a therapist to use the book and implement the method of get positive results. Good stuff. book & CD It's a very helpful publication and a CD is great to relax Practical combination of CBT and Mindfulness meditation By combining Mindfulness meditation with Cognitive Behavioral Therapy, it is possible to reduce your chances of a relapse back to depression. Four Stars Like it As near life changing mainly because a book can be Probably the most important books I've ever browse, if not THE most important. Couldn't recommend it even more, and it has massive value for anyone, not just those battling with depression.



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