

A NEW HARBINGER SELF-HELP WORKBOOK

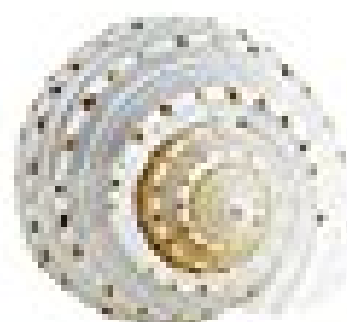
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# The Mindfulness & Acceptance Workbook for Depression

SECOND EDITION

Using Acceptance & Commitment Therapy to Move  
Through Depression & Create a Life Worth Living



**FULLY REVISED &  
EXPANDED EDITION**

Includes downloadable audio  
visualization & mindfulness exercises

**A POWERFUL NINE-STEP  
PROGRAM TO HELP YOU:**

- Respond differently to stress
- Increase feelings of peacefulness
- Create emotional resilience
- Cultivate self-compassion
- Focus on the positive

**KIRK D. STROSAHL, PhD | PATRICIA J. ROBINSON, PhD**

FOREWORD BY STEVEN C. HAYES, PhD

*Kirk D. Strosahl PhD and*

**The Mindfulness and Acceptance Workbook for Depression: Using  
Acceptance and Commitment Therapy to Move Through Depression and  
Create a Life Worth Living**



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This workbook uses techniques from acceptance and dedication therapy (ACT) to provide a new treatment for depression that will assist accept your feelings rather than fruitlessly trying to avoid them. This fresh edition will include skills predicated on new analysis and contributions from mindfulness, self-compassion, and neuroscience. If left untreated, clinical unhappiness can damage relationships, cause problems at work, lead to drug abuse, and even make it more difficult to overcome physical illnesses.s sunny outside. If you suffer from depression, you might feel like you you live under a perpetual raincloud, even when it' You may feel too tired and scared to attain out for help, or you may stay away from your feelings altogether. But you should know there are small, effective methods for you to overcome your depression, one day at a time.You can find hundreds of books that will try to help you overcome or put an end to depression. Instead of fruitlessly trying in order to avoid your depression, you'll learn to concentrate on living a productive life by accepting your feelings.This fully revised and updated second edition of The Mindfulness and Acceptance Workbook for Depression will show you how changing daily behaviors and practicing new mindfulness skills can literally reshape your brain. But what if you could use your depression to improve your daily life for the better? Your symptoms could be indicators that something in your daily life needs to change. Learning to understand and interpret these indicators is much more important than ignoring or avoiding them—methods that only help to make the situation worse.Imagine if depression could lead to positive change? Written by acceptance and dedication therapy (Take action) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, The Mindfulness and Acceptance Workbook for Melancholy includes updated research on self-compassion, mindfulness, and neuroscience to help you live a far more meaningful life.Utilizing the skills outlined in this book, you'll be able to work through your depression, experience greater peace and well-being, and continue to produce a better life.



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Mindfulness Workbook I'm just starting out with the workbook and, I must admit, I haven't gotten into it as much as I probably must have by this aspect. My counselor suggested this title, and what I have read is good and useful information. It is rather readable, very informative, explains the traps people have a tendency to get themselves into and offers exercises to reinforce the information they're presenting. I've been recommending it to various other close friends who are struggling. A guided workbook I have been coping with melancholy and PTSD for years and this was the first workbook I purchased and I'm glad I did. Love and peace! I highly recommend this particular workbook for that reason. It helped me sort out specific occasions and habitual considering in a structured manner. Great tool to enhance work I like this workbook. I often suggest it to client's to improve the work we are doing in person therapy. I use a substantial amount of ACT therapy which book is a good supplement for customers to use in the home. I just need to crank up the inspiration, and probably, once I obtain further involved with it, I'll be in a position to generate more inspiration. Being a life-longer "sufferer" of depression, I've read several books, seen a number of different doctors, and also have tried several medicines. The authors point out that a lot of doctors simply make an effort to throw medication at depression thinking that would be the only thing that helps, while under no circumstances actually addressing the underlying cause. At least, that's what I'm wishing. For once, someone points out that wearing rose-colored eyeglasses might not be the just "normal" strategy to use through existence, as others could have you think. Rather than thinking of depression as some kind of disease, it can be thought as something quite useful. The book includes a disk that has digital copies of worksheets it is possible to print out and use..very useful I'm still operating my method through this.. Not very good for depression patients in my opinion. The idea that a(n even severely) depressed person's existence is not well worth living is hurtful and harmful. My counselor strongly suggested using this to help learn better ways of coping with stressors. very easy to choose ups the man concepts good reading and useful info Finally, someone gets it right This book may be the first one I have come across that explores the idea that depression might not have to be treated with medication. In addition they point out that some depression is quite normal, being a normal human a reaction to sad and tragic events. Best wishes to you if you are in the same place I am!! The guided exercises really helps to provide clarity to the often emotional, muddled thinking that comes with major depression. Five Stars Five Stars haven't done it however nonetheless it looks great Top wordy Too wordy.. However, surely got to state the techniques taught is good. I am happy. Thanks It came earlier than I expected. Too simplified, downplays real issues This book can help you create a "life worth living" . Thanks ! Two Stars Not helpful. Claims the most obvious. I am very pleased. Truthfully, I never even bothered to try one of the worksheets because I simply don't have the luxury of leisure time to sort out items, but merely reading the theories put forth was very helpful.. This book can help you create a "life worth living?" This insulting expression is repeated over and over and shows a genuine lack of compassion for those wishing to accept or get over a serious illness. It isn't the book's fault, but mine: motivation lacking. I place the book down.



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