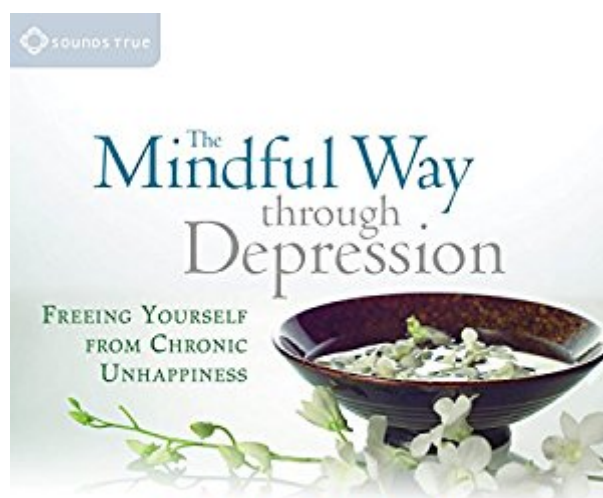


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The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness



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



Synopsis

If you've ever struggled with depression or know someone who has, take heart: Mindfulness practice is a simple, powerful way to naturally break depression's self-perpetuating cycle. With *The Mindful Way Through Depression*, four leading researchers present insightful lessons drawn from both Eastern meditative traditions and cognitive therapy about how to triumph over this illness - and, more importantly, how to prevent it from striking again. Join these uniquely qualified experts to discover the power of mindfulness-based cognitive therapy.

Book Information

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Customer Reviews

I had been meditating for years and depressed for even longer, much, much longer, though I somehow did not realize. I got to a point where I was no longer able to meditate or be mindful as the brain fog, lack of sleep, the constant recursive thoughts, and anger had me spiraling down and down and down. I was lucky enough to get on some meds, get some sleep and take some time off to get to a more neutral state. Then I found this book. It was like the missing piece linking mindfulness - day to day, minute to minute mindfulness - and my mental and emotional state. It seems obvious in retrospect. Will I ever be OK, or even find some lasting happiness? I don't know. I do know that I never have to go down so far again. This book will not solve your problems or cure your depression. It will however give you the guidance you may need to help yourself deal with the depression you feel and keep you from spiraling downward. It will take time, commitment and some patience with yourself. You have to be willing.

I've suffered from depression through much of my life starting at about age eleven (I'm now forty-seven). I found this book extremely helpful, have highlighted it extensively, and reread it periodically. I'm now reading it to my adolescent daughter, who is also finding it very helpful. The explanations of how our minds get caught in depression ring so true for me, and following the advice given has helped change my emotional life. The process has been slow, as should be expected, but the changes have been profound. I did have some experience with meditation before I read the book, and I've been on an antidepressant for years. Both helped. Adding the knowledge I gained from this book, and living the changes it prescribes have been the boost I needed to start lifting completely out of depression. I have finally begun experiencing periods of happy peace for the first time since childhood.

I bought the book and the audio book. I like the audio more. I listen to it during Community Acupuncture from time to time. John Kabat-Zinn is a gentle master, the meditation cd that comes with it is excellent. Meditation has helped with my depression more than any pill. Taking the time to get to know your mind, awareness of your thought process is "enlightening".

I'm about 80% through this book and I'm glad I bought it. I've suffered from depression for many years and been to therapy on occasion. I wouldn't say my depression is severe. This book is very helpful with dealing with worrisome thoughts. So often it's not the depression but the anxiety that really ruins me. I get stuck on worrying and thoughts that send me into a depression. This book has helped me greatly reduce this occurrence. I have thoughts that a year ago would make me irritable that now I'm able to usually quickly move on from. You must apply it to your life and keep reading. I like to read a little at a time and try to apply the practice from each chapter like homework. I feel like everyone could learn something from this book to help with their thoughts. Just reading this book is a welcome distraction from my anxiety and it always leaves me feeling better about my situation. Don't expect to completely overcome your depression with this book but it will lead you in the right direction. It's up to you to take the advice and apply it. If you have the motivation to get better this will get you started.

This is the best book I have read for depression. I thought meditation was a waste of time until I read the studies presented on depression. It has really helped me. I still suffer from depression but thanks to this book I am a lot better. I think this book beats my therapist. This book combined with the right therapist is ideal in my humble opinion. The kindle edition has one major drawback. You

cannot hear the guided meditation unless you have an i-phone or i-pad. It is stupid that would make a kindle edition book that cannot access all of the features on a kindle but will access the features on a competing product.

I have suffered with mild to moderate depression over many years. This book was more helpful than any other treatment I've been involved with. I agree with the many reviewers who emphasize that it's simply not enough to read the book; YOU MUST PRACTICE. That's a problem for folks with busy lives, and a worse problem if you are both busy and depressed. All that said, if you can muster the strength to practice these mindfulness exercises and make them part of your life you'll be tremendously rewarded. I also found myself carefully reading over the chapters a second (and sometimes third) time. That's not essential, but it confirmed my sense of just how splendidly this work understands and then takes on an important common illness.

I have been using the concepts of Mindfulness in my counseling practice for years, but recently found this book. It is basically an integration of traditional therapy concepts (Cognitive Behavioral Therapy) and Mindfulness. It is marketed for depression, but I think it is helpful for all emotional problems. What I find most helpful is the complimentary CD which helps you get unstuck from the old pattern of analyzing yourself to just being present with your body and mind. Excellent material.

Great book filled with practical wisdom for those with clinical depression. Teasdale did the seminal research on major depression and re-patterning negative thoughts. CBT came out of his research and he provided hope to sufferers. Kabat Zinn legitimized mindfulness practice in western medicine. In essence these authors revolutionized the way we understand and work mindfully with depression and symptom management. If haven't read the original research and Kabat Zinn's groundbreaking books you definitely should.

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Clearing the Way to Health and Wellness: Reversing Chronic Conditions by Freeing the Body of Food, Environmental, and Other Sensitivities
The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition
Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)
Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens)
The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness
Pass Through Panic: Freeing Yourself From Anxiety and Fear
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Savor: Mindful Eating, Mindful Life
The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals
Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation
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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