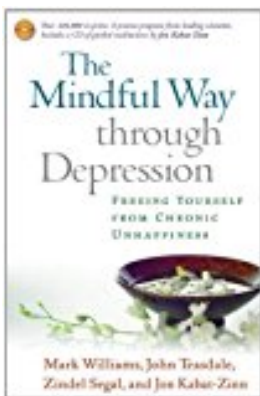


[PDF] The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness (Book & CD)

Jon Kabat-Zinn, Mark Williams, John Teasdale, Zindel Segal
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Books Details:

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Description:

Review "Using mindfulness training to prevent and treat depression is a novel strategy in the West, though it is a traditional application of Eastern meditation practice. Whether you struggle with depression or simply want to understand your mind and emotions better, you will find this book accessible and useful. Depression is epidemic in our society, and I would love to see this sensible treatment approach gain ground." -Andrew Weil, MD, author of *8 Weeks to Optimum Health* and *Healthy Aging*

"A revolutionary treatment approach. For depression sufferers, this is a truly useful guide to achieving emotional balance. For mental health professionals, it should be mandatory reading. I recommend this book and companion CD most highly." -Daniel Goleman, PhD, author of *Emotional Intelligence*

"An invaluable resource not only for those who suffer from depression, but for anyone familiar with the downward spiral of negative thinking and self-doubt. The authors of this book explore the reasons for depression and give us guidance and support, along with useful tools to find a way through it." --Sharon Salzberg, author of *Lovingkindness*

"If I could select one group of individuals for people to *really* pay attention to when grappling with chronic unhappiness, I could not think of a better group than these authors. Not only are they consummate scientists, but they are each personally immersed in the moment-to-moment mindfulness that they teach. This book brings together the practices of both science and insight meditation in an effective fashion that is understandable to the ordinary person--no esoteric practice or mental health background is necessary. Read it and see for yourself!" -Marsha M. Linehan, PhD, ABPP, University of Washington

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"Williams and his international team of authors provide insight into the healing power of so-called 'awareness' through which people can escape the wearisome ruminations of the obsessed mind, befriend alien feelings, and come more alive in themselves. The book is accompanied by a CD with meditations that can help the listener enter the present moment, own more fully their physical context, and stand back from the flow of their thinking and feeling....A practical volume that bears the authority both of contemporary psychology and the age old spiritual practice of meditation."--
New Directions
(*New Directions* 2007-06-04)

"An invaluable resource for patients who suffer with depression. In addition to psychotherapy, psychopharmacology and CBT, it provides another resource to patients and another way of looking at their struggle, a way of trying to understand what's happening and a way to learn a technique of self-help; a way of attempting to break through a cycle of chronic unhappiness. The book is

accompanied by a CD with a series of guided meditations, making it a unique and useful package for the clinician to use in a comprehensive treatment program....A book of this sort is invaluable in that it provides a series of take-home exercises for the novice and provides a step-by-step guide to patients or clinicians interested in effective noninvasive therapeutic techniques."--Bulletin of the Menninger Clinic

(Bulletin of the Menninger Clinic 2007-06-04)

"The book is well written and easy to read....People who are prone to depression, dysthymia, or general unhappiness will find this a helpful new way to reframe their thinking about their issues, and practitioners may also find it a useful basis for counseling."--Drug and Alcohol Review

(Drug and Alcohol Review 2007-06-04)

"Composed by a star-studded team of scientists and practitioners, this powerful book is the best self-help title to arrive since David Burns's seminal *Feeling Good*. Williams, Teasdale, and Segal previously collaborated on *Mindfulness-Based Cognitive Therapy for Depression*, a well-received text for mental health professionals. Add to the mix Jon Kabat-Zinn, a luminary in his own right, and the result is a useful lay reader's guide to incorporating mindfulness techniques in everyday life.

Providing a realistic eight-week program, this wonderful guide and its accompanying CD offer invaluable practical strategies for banishing depression and regaining one's life. Highly recommended. (starred review)"--Library Journal

(Library Journal 2007-06-04)

About the Author

Mark Williams, PhD, is Professor of Clinical Psychology and Wellcome Trust Principal Research Fellow at University of Oxford, United Kingdom. With Drs. Segal and Teasdale, he authored *Mindfulness-Based Cognitive Therapy for Depression*, a bestselling book for professionals.

John Teasdale, PhD, has held senior research appointments in the Department of Psychiatry, University of Oxford, and in the Cognition and Brain Sciences Unit, Cambridge, United Kingdom.

Zindel Segal, PhD, is the Morgan Firestone Chair in Psychotherapy at the University of Toronto and Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health.

Jon Kabat-Zinn, PhD, is internationally known for his work as a bestselling author, scientist, and meditation teacher. He is Professor Emeritus of Medicine at the University of Massachusetts Medical School.

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