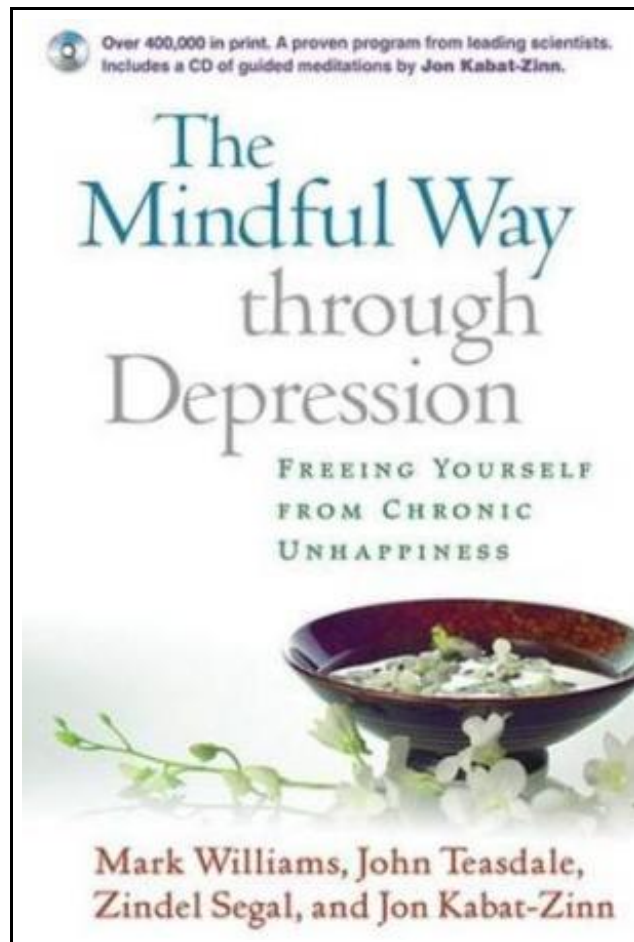


The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness



Filesize: 7.83 MB

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*Completely among the finest ebook We have at any time read through. it was actually writtern really properly and helpful. You are going to like just how the writer compose this publication.
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THE MINDFUL WAY THROUGH DEPRESSION: FREEING YOURSELF FROM CHRONIC UNHAPPINESS



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Guilford Publications. Paperback. Book Condition: new. BRAND NEW, The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness, J. Mark G. Williams, John Teasdale, Zindel V. Segal, Jon Kabat-Zinn, Jon Kabat-Zinn, 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. See also the authors' Mindful Way Workbook, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: Mindfulness-Based Cognitive Therapy for Depression, Second Edition. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit.



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