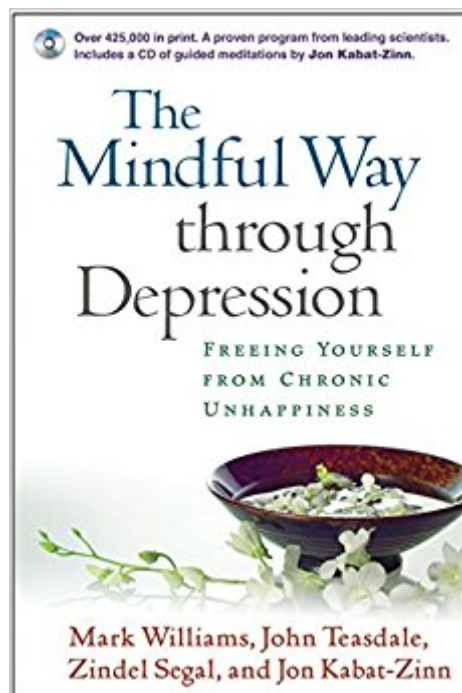




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# The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness (Book & CD)



## Synopsis

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.

## Book Information

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## Customer Reviews

"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

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 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 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 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 2007-06-04)

J. Mark G. Williams, DPhil, is Professor of Clinical Psychology Emeritus and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry, where he was Founding Director of the Oxford Mindfulness Centre. He collaborated with John Teasdale and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Dr. Williams is also coauthor of *Mindfulness-Based Cognitive Therapy with People at Risk of Suicide* (for mental health professionals). He continues to work with colleagues to research the role of mindfulness in the prevention of depression in adolescents, and to train new mindfulness teachers internationally. He is a Fellow of the Academy of Medical Sciences and the British Academy.

John D. Teasdale, PhD, held a Special Scientific Appointment with the United Kingdom Medical Research Council's Cognition and Brain Sciences Unit in Cambridge. He is a Fellow of the British Academy and the Academy of Medical Sciences. He collaborated with Mark Williams and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Since retiring, Dr. Teasdale has taught mindfulness and insight meditation internationally. He continues to explore and seek to understand the wider implications of mindfulness and meditation for enhancing our way of being.

Zindel V. Segal, PhD, is Distinguished Professor of Psychology in Mood Disorders at the University of Toronto's "Scarborough. He is Director of Clinical Training in the Clinical Psychological Science Program and is also Professor in the Department of Psychiatry. Dr. Segal has conducted influential research into the psychological processes that make certain people more vulnerable than others to developing depression and experiencing recurrent episodes. He actively advocates for the relevance of mindfulness-based clinical care in psychiatry and mental health. He collaborated with John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the

self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Jon Kabat-Zinn, PhD, is Professor of Medicine Emeritus at the University of Massachusetts Medical School, where he founded the Center for Mindfulness in Medicine, Health Care, and Society, as well as its world-renowned Mindfulness-Based Stress Reduction Clinic. Dr. Kabat-Zinn is internationally known for his work as a scientist, writer, and teacher, which has contributed to the growing movement of mindfulness into such mainstream institutions as schools, corporations, prisons, professional sports teams, government, and the legal profession, in addition to its influence in medicine and health care, psychology, and neuroscience. He teaches and conducts mindfulness retreats worldwide.

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 advise 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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