

# Mindful Way Through Depression (enhanced): Freeing Yourself From Chronic Unhappiness - , John D. Teasdale

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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. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the Web. Author: Williams, J. Mark G. Author: Teasdale, John D. Publisher: Guilford Press Illustration: N Language: ENG Title: Mindful Way through Depression (Enhanced): Freeing Yourself from Chronic Unhappiness Pages: 00273 (Encrypted EPUB) On Sale: 2012-06-04 SKU-13/ISBN: 9781593851286 Category: Self-Help : Depression Category: Psychology : Psychopathology - Depression

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