

Managing Depression with Mindfulness For Dummies

By Robert Gebka

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Managing Depression with Mindfulness For Dummies By Robert Gebka

Rise above depression and build a positive future using mindfulness

If you suffer from depression, you know that it's not something you can simply snap yourself out of. Depression is a potentially debilitating condition that must be treated and managed with care, but not knowing where to turn for help can make an already difficult time feel even more harrowing. Thankfully, *Managing Depression with Mindfulness For Dummies* offers authoritative and sensitive guidance on using evidence based and NHS approved Mindfulness Based Interventions similar to Cognitive Behavioural Therapy (CBT) to help empower you to rise above depression and discover a renewed sense of emotional wellbeing and happiness. The book offers cutting edge self-management mindfulness techniques which will help you make sense of your condition and teach you how to relate differently to negative thought patterns which so often contribute to low mood and depression.

The World Health Organization predicts that more people will be affected by depression than any other health problem by the year 2030. While the statistics are staggering, they offer a small glimmer of hope: you aren't alone. As we continue to learn more about how depression works and how it can be treated, the practice of mindfulness proves to be an effective tool for alleviating stress, anxiety, depression, low self-esteem, and insomnia. With the tips and guidance offered inside, you'll learn how to apply the practice of mindfulness to ease your symptoms of depression and get your life back.

- Heal and recover from depression mindfully
- Understand the relationship between thinking, feeling, mood, and depression
- Reduce your depression with effective mindfulness practices
- Implement positive changes and prevent relapse

Whether you are struggling with low mood or simply wish to learn mindfulness as a way of enriching your life, *Managing Depression with Mindfulness For*

Dummies serves as a beacon of light and hope on your journey to rediscovering your sense of wellbeing, joy and happiness.

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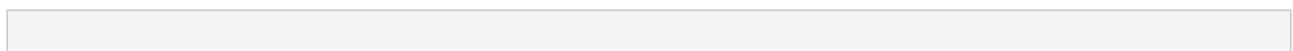
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Editorial Review

From the Back Cover

Learn to:

- Heal and recover from depression mindfully
- Understand the relationship between thinking, feeling, mood and depression
- Reduce your depression with effective mindfulness practices
- Implement positive changes and prevent relapse

Rise above depression and build a positive future through mindfulness

When you're in the midst of depression, it's incredibly hard to imagine the possibility of happiness. This book is your beacon, giving you the tools to use mindfulness in your efforts to regain – and maintain – a true sense of well-being and happiness.

- **Start from within** – understand how depression affects you and unlock how practicing mindfulness can help manage it
- **Heal and recover** – explore and break down barriers to healing, approach depression from a new angle and trust the mindful process to work
- **You are what you think** – correct negative thinking patterns that fuel depression and develop a positive new outlook
- **Practice loving kindness** – use mindfulness to transform feelings of self-hatred to feelings of self-compassion

Open the book and find:

- What you can do right now to begin healing mindfully
- Methods to overcome barriers to healing
- Scientific evidence for using mindfulness for depression
- Thinking qualities that contribute to well-being
- Why self-compassion is key
- How to cultivate a life of happiness, meaning and beauty
- Strategies for motivating yourself to feel better
- Tips for preventing relapse and staying well

About the Author

Robert Gebka, a former Zen Buddhist monk, is a mindfulness trainer and executive director of the Dorset Mindfulness Centre. He works in mental health for Dorset HealthCare NHS Foundation Trust and teaches Mindfulness Based Stress Reduction (MBSR) courses to the general public as well as business organisations. Robert is also a member of the National Counselling Society as well as the Association for Contextual Behavioral Science.

Users Review

From reader reviews:

Joe North:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled Managing Depression with Mindfulness For Dummies. Try to stumble through book Managing Depression with Mindfulness For Dummies as your buddy. It means that it can being your friend when you feel alone and beside associated with course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you considerably more confidence because you can know everything by the book. So , let me make new experience as well as knowledge with this book.

Charline Bynum:

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Deanne Mohammed:

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