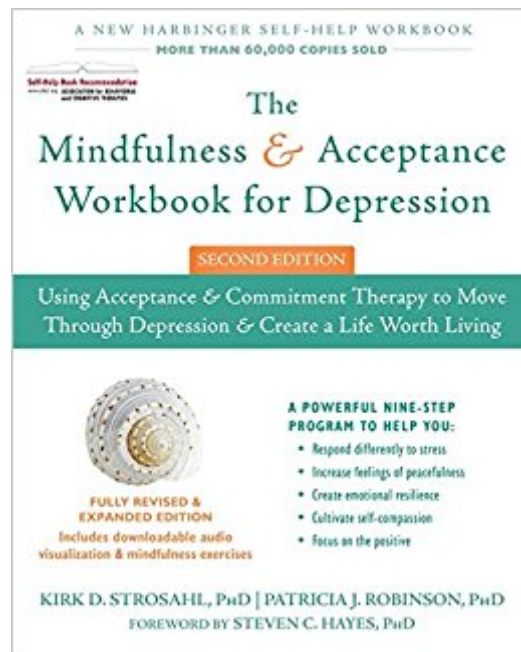




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The Mindfulness And Acceptance Workbook For Depression: Using Acceptance And Commitment Therapy To Move Through Depression And Create A Life Worth Living



Synopsis

What if depression could lead to positive change? Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, *The Mindfulness and Acceptance Workbook for Depression* includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life. If you suffer from depression, you may feel like you are living under a perpetual raincloud, even when it's sunny outside. If left untreated, clinical depression can damage relationships, cause problems at work, lead to substance abuse, and even make it more difficult to overcome physical illnesses. You may feel too tired and scared to reach out for help, or you may try to avoid your feelings altogether. But you should know that there are little, effective ways you can overcome your depression, one day at a time. This fully revised and updated second edition of *The Mindfulness and Acceptance Workbook for Depression* will show you how changing daily behaviors and practicing new mindfulness skills can literally reshape your brain. Rather than fruitlessly trying to avoid your depression, you'll learn to focus on living a productive life by accepting your feelings. There are hundreds of books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoiding them—approaches that only make the situation worse. This workbook uses techniques from acceptance and commitment therapy (ACT) to offer a new treatment plan for depression that will help accept your feelings instead of fruitlessly trying to avoid them. This new edition will include skills based on new research and contributions from mindfulness, self-compassion, and neuroscience. Using the skills outlined in this book, you'll be able to work through your depression, experience greater peace and well-being, and go on to create a better life.

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Customer Reviews

“This well-written and user-friendly workbook presents new ways of understanding and overcoming depression. Based on mindfulness, acceptance, self-compassion, positive psychology, and neuroscience, it combines solid research foundations with practical methods for climbing out of helplessness and self-blame, and building a satisfying life.”
• Ruth Baer, PhD, author of *The Practicing Happiness Workbook*
“This book is a godsend for anyone struggling with depression. It is incredibly rich in terms of theoretical and scientific scope and depth, yet provides many practical, easy-to-do exercises for readers so they can start changing how they relate to themselves and their lives right away. I couldn’t recommend this book more highly.”
• Kristin Neff, PhD, associate professor of educational psychology at The University of Texas at Austin, pioneer in the field of self-compassion research, and author of *Self-Compassion*
“In this second edition of their classic self-help manual, Kirk Strosahl and Patricia Robinson bring two professional lifetimes’ worth of wisdom and experience to help us better understand depression, and work with it both skillfully and compassionately. This well-written book presents us with cutting-edge strategies drawn from acceptance and commitment therapy (ACT), mindfulness, self-compassion, and neuroscience traditions in the service of building a life worth living. Perhaps what I like most about this book is that it isn’t just about helping us cope with depression—it’s a pragmatic guide to cultivating a life filled with meaning and purpose. Rarely does a self-help resource so skillfully capture so much of the best that psychology has to offer. Highly recommended!”
• Russell L. Kolts, PhD, professor of psychology at Eastern Washington University, and author of *CFT Made Simple* and *The Compassionate-Mind Guide to Managing Your Anger*

From Kirk Strosahl, cofounder of acceptance and commitment therapy (ACT), *The Mindfulness and Acceptance Workbook for Depression* develops the revolutionary techniques of this new approach into a clear, step-by-step strategy you can use to live a rich and meaningful life with depression.

--This text refers to an out of print or unavailable edition of this title.

I just started to see a counselor and as one of her 'homework' assignments she gave me a photocopy of some pages from this book and suggested buying the book to help supplement what goes on in therapy. It so far is helping, as I read through the book it helps me open up and talk in therapy about what is happening to me. I do not know if I would suggest using this book in replacement to professional help but it is good at explaining and going through the steps of acceptance therapy. It is a good place to start if you find this method maybe helpful to you.

After a lifetime of living in the self-help section, I can honestly say this is one of the top books ever read. I am attending the workshop that accompanies the book. It has helped my PTSD and depression better than any one-on-one therapy. Highly recommended. Still crazy after all these years, but now I RECOGNIZE it and can fix it before I implode.

I'm still working my way through this. My counselor highly recommended using this to help learn better ways of coping with stressors. It's very easy to read, very informative, explains the traps people tend to get themselves into and has exercises to reinforce the information they're presenting. I've been recommending it to other friends who are struggling.

I have been dealing with depression and PTSD for years and this was the first workbook I purchased and I'm glad I did. The guided exercises help to provide clarity to the often emotional, muddled thinking that comes with major depression. I highly recommend this particular workbook for that reason. It helped me work through specific events and habitual thinking in a structured manner.

I really like this workbook. I often suggest it to clients to enhance the work we are doing in individual therapy. I use quite a bit of ACT therapy and this book is a great supplement for clients to use at home.

I'm just starting out with the workbook and, I must admit, I haven't gotten into it as much as I probably should have by this point... It's not the book's fault, but mine: motivation lacking. My counselor recommended this title, and what I have read is good and useful information. I just need to crank up the motivation, and probably, once I get further into it, I'll be able to generate more motivation. At least, that's what I'm hoping. Best wishes to you if you are in the same place I am!!
Love and peace!

Strosahl and Robinson follow in the path of "Get Out of Your Mind and Into Your Life" but focus specifically on depression. A little New Age-y here & there, which initially might or might not be a turn-off, depending on how you feel about such things - but stick with it, because there's lots of powerful material here:- Strong and useful explanation of why we get depressed in the first place. Blaming biology or history doesn't help us; a more useful stance, as the authors explain, is to look not just at the pain in our lives, but at how we react to that pain. Avoidance pushes us into depression, acceptance and action pull us back into life.- A full chapter on how our mind tricks us with reasons & stories that seem to "make sense," but actually keep us stuck.- Nice accompanying CD with guided meditation exercises of various sorts, some for learning mindfulness skills, others for getting in touch with our intuition about what we really want to do in life.- Good closing chapters on building ACT habits that will last rather than fizzle. See full review on my blog - [...] - or just check it out for yourself. You'll be challenged, but you won't be sorry.

I gave it to a friend who says it has helped her significantly!

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