


# 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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**Managing Depression with Mindfulness For Dummies By Robert Gebka Bibliography**

- Sales Rank: #1086016 in eBooks
- Published on: 2016-02-01
- Released on: 2016-02-01
- Format: Kindle eBook

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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:**

**Robert Franco:**

Book is to be different for every grade. Book for children until eventually adult are different content. As it is known to us that book is very important usually. The book Managing Depression with Mindfulness For Dummies was making you to know about other information and of course you can take more information. It is extremely advantages for you. The e-book Managing Depression with Mindfulness For Dummies is not only giving you more new information but also for being your friend when you feel bored. You can spend your own spend time to read your book. Try to make relationship while using book Managing Depression with Mindfulness For Dummies. You never feel lose out for everything should you read some books.

**Samantha Peay:**

Hey guys, do you desires to finds a new book you just read? May be the book with the name Managing Depression with Mindfulness For Dummies suitable to you? The particular book was written by popular writer in this era. Typically the book untitled Managing Depression with Mindfulness For Dummiesis a single of several books in which everyone read now. This specific book was inspired a number of people in the world. When you read this reserve you will enter the new age that you ever know previous to. The author explained their plan in the simple way, consequently all of people can easily to comprehend the core of this guide. This book will give you a large amount of information about this world now. To help you to see the represented of the world in this book.

**Patrick Pond:**

Many people spending their time frame by playing outside together with friends, fun activity using family or just watching TV all day every day. You can have new activity to enjoy your whole day by looking at a book. Ugh, ya think reading a book can definitely hard because you have to use the book everywhere? It okay you can have the e-book, having everywhere you want in your Smartphone. Like Managing Depression with Mindfulness For Dummies which is keeping the e-book version. So , why not try out this book? Let's see.

**Helen Jackson:**

As we know that book is vital thing to add our knowledge for everything. By a e-book we can know everything we wish. A book is a range of written, printed, illustrated or maybe blank sheet. Every year has been exactly added. This e-book Managing Depression with Mindfulness For Dummies was filled regarding science. Spend your extra time to add your knowledge about your science competence. Some people has distinct feel when they reading the book. If you know how big benefit of a book, you can experience enjoy to read a book. In the modern era like currently, many ways to get book which you wanted.

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