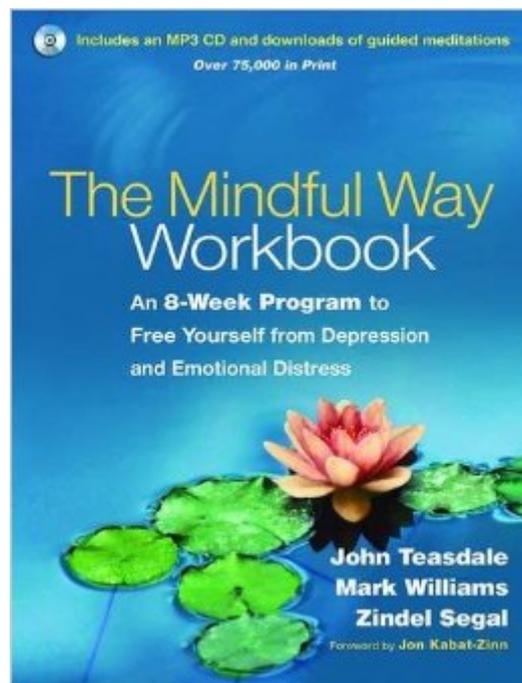


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# The Mindful Way Workbook: An 8-Week Program To Free Yourself From Depression And Emotional Distress



## Synopsis

Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT), and it has been tested and proven effective in clinical trials throughout the world. Now you can get the benefits of MBCT any time, any place, by working through this carefully constructed book. The expert authors introduce specific mindfulness practices to try each week, plus reflection questions, tools for keeping track of progress, and helpful comments from others going through the program. Like a trusted map, this book guides you step by step along the path of change. Guided meditations are provided on the accompanying MP3 CD and are also available as audio downloads. Note: The MP3 CD can be played on CD players (only those marked "MP3-enabled") as well as on most computers. See also the authors' *The Mindful Way through Depression*, which demonstrates these proven strategies with in-depth stories and examples. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category

## Book Information

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## Customer Reviews

I purchased this workbook after thoroughly reading 'The Mindful Way Through Depression.' That book gave me a deeper understanding of depression and why mindful meditation works. I referenced it throughout this workbook's 8-week course. I won't go into my story, but believe me, I

had tried everything to overcome a dangerous 1.5 year situation-related depression. I completed the 8-week course 14 months ago, and continue with the practice daily. Due to my situation, I am committed to continuing for the rest of my life, because I know I have to. This program saved my life. . . .literally. If you are suffering with depression, and are willing to commit to an 8-week program, PLEASE do this course. You have nothing to lose, and possibly, everything to gain. The course did not provide overnight, miraculous improvement for me, yet the subtle and positive changes were evident to me (and my husband!), and continue to this day. I understand that a meditation practice takes a lifetime to master, so that helps me remain realistic and patient with myself, and take things one day at a time. I still have a long way to go in my healing process, but my meditation practice is helping me get there, day by day. My heart goes out to all of you who struggle with depression and its disabling effects, and my hope is that this program will help you as much as it did me.

This workbook and Audio CD has been very helpful. I'm in the third week of the 8 week course and have experienced dramatic changes and improvement in my thought patterns and approach to life. I highly recommend this workbook for anyone who is looking to walk down a bright path but can't seem to get get out of their minds way/thinking. Peace.

I have recommended *The Mindful Way Through Depression* to therapy clients before, and will definitely be recommending *The Mindful Way Workbook* to complement that book. The text in this workbook is very readable and accessible for people who are new to mindfulness or meditation, and the authors make a clear case for how mindfulness can help one get unstuck from old patterns than can perpetuate depression. The varied content, including patient excerpts and poems, make the information come alive. I loved that the home practice logs contained frequently asked questions/challenges and expert responses - I think my clients will find these very helpful and supportive. The workbook also does a great job getting readers to anticipate barriers to practice, and provides suggestions for maintaining a mindfulness practice amidst a busy life. Almost every page has space to record reflections or respond to questions, which offers readers an opportunity to engage with material in a different way than simply reading it. Finally, I liked the "helpful hints" for getting prepared for practice, and the illustrations of good sitting and stretching postures.

The *Mindful Way* program offers a very workable set of psychological insights and exercises designed to help one person or a group of individuals, deal with the aspects of emotional distress

and depression. One thing is required: dedication to the 8-week program. If one is not ready for that depth of commitment, it would be best to pass on this well ordered and helpful book.

This is truly a workbook with lots of space to record your thoughts and impressions right in the book. I have used this book by myself and in a small group. The directions are very clear for each exercise and the weekly activities are very manageable. I also like the fact that the guided exercises have written directions and are on the CD. The program has worked for both myself and the group I peer-facilitated. However, it's not the kind of program that you go through once and that's it. I've already done it twice and have learned more about myself the second time around. Plus, the idea is that you incorporate parts of the program into your life. The only reason I gave it four stars is that I feel that I benefited most from the program when I also read "Mindfulness-Based Cognitive Therapy for Depression," (Second Edition.) Because the workbook is set up as a workbook there is not as much explanation of how and why this method works. After I read "Mindfulness-Based Cognitive Therapy for Depression" I felt like I had a better grasp on the program. I recommend getting both books.

I am slowly working my way through this workbook and am definitely noticing a change in my attitude and level of depression. The individual chapters all seem to be about 10 pages long +/-, so it's easy to find the time to read them. Taking the time out of your day to do the exercises takes commitment, especially for people with busy schedules, like me. But, as with anything, you will get out of it proportionate to what you put into it, so make the time. I am totally confident that my own improvement will be substantial by the time I am done. Depression has been my constant companion literally all of my life. I can't express how good it feels to know that I will finally feel some control over it and relief from it.

The Mindful Way Workbook provides a clear, organized and beautiful map of how to be free from suffering. As a psychotherapist and mindfulness teacher, I have used the authors' other book The Mindful Way Through Depression for people with other emotional difficulties, not just exclusively depression. So I am glad that they include other types of emotional distress in the title of this workbook . . . because it can be helpful for many, not just people experiencing depression. If you have experimented with mindfulness practice and felt the need for more support, try this workbook. It takes you gently by the hand and helps lead you through the practice so that you can make it your own and free yourself from emotional distress. Micki Fine, M.Ed., L.P.C - Author of The Need to

Please: Mindfulness Skills to Gain Freedom from People Pleasing and Approval Seeking

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