

A NEW HARBINGER SELF-HELP WORKBOOK

The
Mindfulness & Acceptance
Workbook for Depression

Using Acceptance & Commitment Therapy to Move
Through Depression & Create a Life Worth Living



Includes CD with guided
imagery & mindfulness exercises

A POWERFUL STEP-BY-STEP
PROGRAM TO HELP YOU:

- Understand depression in a completely new way
- Recognize the depression traps in your life
- Use acceptance to move through painful life situations
- Develop a mindful, values-oriented lifestyle
- Commit to acting in ways that promote vitality, purpose & meaning

KIRK D. STROSAHL, PH.D.
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FOREWORD BY STEVEN C. HAYES, PH.D.

The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living

Kirk D. Strosahl, Patricia J. Robinson, Steven C. Hayes (Foreword)

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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 you live a productive life by accepting your feelings instead of fruitlessly trying to avoid them.

The Mindfulness & Acceptance Workbook for Depression will show you, step-by-step, how to stop this cycle, feel more energized, and involve yourself in pleasurable and fulfilling activities that will help you work through, rather than avoid, aspects of your life that are depressing you. Use the techniques in this book to evaluate your own depression and create a personalized treatment plan. You'll enrich your total life experience by focusing your energy not on fighting depression, but on living the life you want.

Includes a CD.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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From Reader Review The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living for online ebook

Ruby says

This book is absolutely freaking AWESOME. I have read a lot of books on managing depression and anxiety and this is probably the best one I have come across so far. I feel a kind of hope that I have not felt in a while, the book is really very practical and has a tough love approach that I think many people need. Really useful, insightful exercises. I have been taking this book in with me to counselling sessions and it really helps me get the most out of each therapy session. It's like therapy on steroids! No it is not a quick fix, but it really does get to the root of problems and helps the reader to find practical solutions that are manageable. Maybe it is because I am a doer and a pretty pragmatic person, but the earthy approach of this book was perfect for me. I recommend, highly.

Nina says

Bought it, yet to read it. Comes with a CD to meditate with. I think it will be great.

Kathleen Toso says

Really useful in practice with clients.

Christian Oltra says

It is a really informative, well-written and useful book for managing depression or depressive emotions.

Teresa says

This workbook is an excellent resource for patients and practitioners. It offers a variety of audio visualizations and mindfulness exercises. While the book is primarily written for moving through depression, I found many of the chapters as a useful tool to help patients create a more positive life. Overall, this workbook is well written and can offer hope and healing to those struggling with depression. I received this book through a Goodreads giveaway for my honest opinion.

Tara says

Uses accessible easy to understand language to help the reader develop an understanding and awareness of their depression. CD also useful
