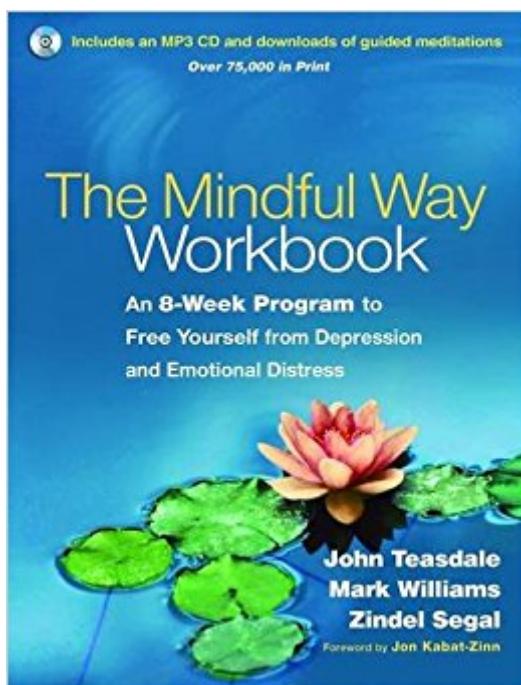


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# The Mindful Way Workbook: An 8-Week Program To Free Yourself From Depression And Emotional Distress



## 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 Â

## Book Information

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## Customer Reviews

"I consider MBCT to be an effective means of preventing and treating depression and enhancing emotional well-being. This workbook gives practical advice for applying the principles of MBCT in your life. I recommend it highly."--Andrew Weil, MD, author of 8 Weeks to Optimum Health and

Spontaneous Happiness "Wisdom, illuminated and applied! We could ask for nothing more from three of the world's most gifted and caring clinicians, who provide us with a clear and practical guide to understanding and strengthening the mind. This workbook is a generous gift that can help you relieve depression and anxiety, improve your health, and enhance your way of being in the world."--Daniel J. Siegel, MD, author of *Mindsight* "Fantasticâ |.[It] functions as a trusted friend, counselor, and guide."--from the Foreword by Jon Kabat-Zinn, PhD"What could be more fabulous than this? An evidence-based treatment for depression translated into a workbook that everyone can use. This is a treatment that has circled the globe for a reason--it works. Fortunately, the authors who translated the treatment into a workbook are the very people who developed the treatment in the first place; all three are expert clinicians and scientists. My advice: 'Try this.'"--Marsha M. Linehan, PhD, ABPP, Professor and Director, Behavioral Research and Therapy Clinics, University of Washington "Three of the world's leading authorities on psychotherapy and mindfulness have developed a workbook of great clarity and value. It outlines an easy-to-follow, step-by-step program for how to train our minds out of repetitive loops and find states of peace."--Paul Gilbert, PhD, Head, Mental Health Research Unit, University of Derby, United Kingdom"The strategies in this book have truly changed my life. I feel a thousand times better today than ever before. Like anyone else, I still get sad and anxious sometimes, but it happens much less frequently and I'm better equipped to deal with it. I definitely plan to continue practicing mindfulness for the long term."--Alain K.â œThe authors are leading experts in developing the scientific theories and experiential skills of how mindfulness can help to disrupt the ruminative cycle that perpetuates depressionâ |.This book is written and arranged in such a way that the layman with no prior knowledge of cognitive theory of depression can easily understand why and how MBCT can be of benefit to themâ |.This workbook is highly recommended to anyone who is interested in MBCT for self-improvement or self-help in coping with depression, as well as to mental health professionals who want to learn mindfulness skills for personal enhancement or for teaching their own patients. I have now incorporated this workbook as a companion resource into my own practice of cognitive-behavioral therapy. My daily practice of mindfulness skills has also strengthened my personal ability to develop moment-to-moment case conceptualizations for my patient's problems during each therapeutic encounter" (International Journal of Social Psychology 2014-12-30)

John D. Teasdale, PhD, held a Special Scientific Appointment with the United Kingdom Medical Research Councilâ ™s Cognition and Brain Sciences Unit in Cambridge. He is a Fellow of the

British Academy and the Academy of Medical Sciences. He collaborated with Mark Williams and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Since retiring, Dr. Teasdale has taught mindfulness and insight meditation internationally. He continues to explore and seek to understand the wider implications of mindfulness and meditation for enhancing our way of being. J. Mark G. Williams, DPhil, is Professor of Clinical Psychology Emeritus and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry, where he was Founding Director of the Oxford Mindfulness Centre. He collaborated with John Teasdale and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Dr. Williams is also coauthor of *Mindfulness-Based Cognitive Therapy with People at Risk of Suicide* (for mental health professionals). He continues to work with colleagues to research the role of mindfulness in the prevention of depression in adolescents, and to train new mindfulness teachers internationally. He is a Fellow of the Academy of Medical Sciences and the British Academy. Zindel V. Segal, PhD, is Distinguished Professor of Psychology in Mood Disorders at the University of Torontoâ Scarborough. He is Director of Clinical Training in the Clinical Psychological Science Program and is also Professor in the Department of Psychiatry. Dr. Segal has conducted influential research into the psychological processes that make certain people more vulnerable than others to developing depression and experiencing recurrent episodes. He actively advocates for the relevance of mindfulness-based clinical care in psychiatry and mental health. He collaborated with John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*.

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 book has been of great help to me, I have had lots of things happen lately and I forget to take care of myself at times so something like this works to refocus. And it is one you can go back to when you need a refresher. I think we all can enjoy something like this it helps to get though stresses of life.

I read the initial book and found it so fascinating. I think this workbook is a great complement. Really showed me how to quiet my mind and not go ruminating when things get stressful.

Reading it while taking the 8-week MCBT course. Believe it can work if you work it.

I'm disappointed The CD will not play on a regular CD player However the workbook looks good

It was very relavent for me and very helpful. I would recommend this for anyone who needs help with any anxieties or depression.

This book lays out the specifics of a great program that fits nicely with the companion book. I highly recommend it if you like to write goals and keep up with your progress!

Very useful and important book. Helped me get out of my racing mind and find a platform to navigate coping in more effective ways.

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