

Date:

Mindfulness

15.1

Prescriber:

# Mindfulness

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Title: **The Mindful Way  
Through Depression**

Author(s): **Williams, Mark et al**

Publisher: **Guilford Press**

Year: **2007** ISBN: **9781593851286**

**Synopsis:** The aim of this book is to reduce the chance of further relapse. It is recommended for people who are recovering and have suffered a number of depressive episodes. Having been depressed in the past we know how horrible it is. The fear of relapse increases the risk of yet another depression starting when we **automatically** overreact to everyday stresses, disappointments and sadness, without realising it.

The practice of **mindfulness** develops our knowledge of these automatic habits and helps us to decide instead how to respond **intentionally** to events and the emotions they trigger. This involves carefully learning ways to **kindly pay attention** to our bodily sensations, thoughts and behaviour as they constantly change. We learn to be sensitive to what is happening as it happens and by **accepting rather than rejecting** what we observe, we become less likely to spiral out of control, worrying and ruminating.

The book provides a good explanation of how our automatic pilot takes over and through practical instruction, with the CD provided, teaches a number of mindful approaches to everyday life. This requires **consistent daily practice and application**. If you are still clinically depressed, it would be wise to wait for recovery to start before embarking on this path.

Readability:   

Availability: Yes Cover Price: **£12.99**



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