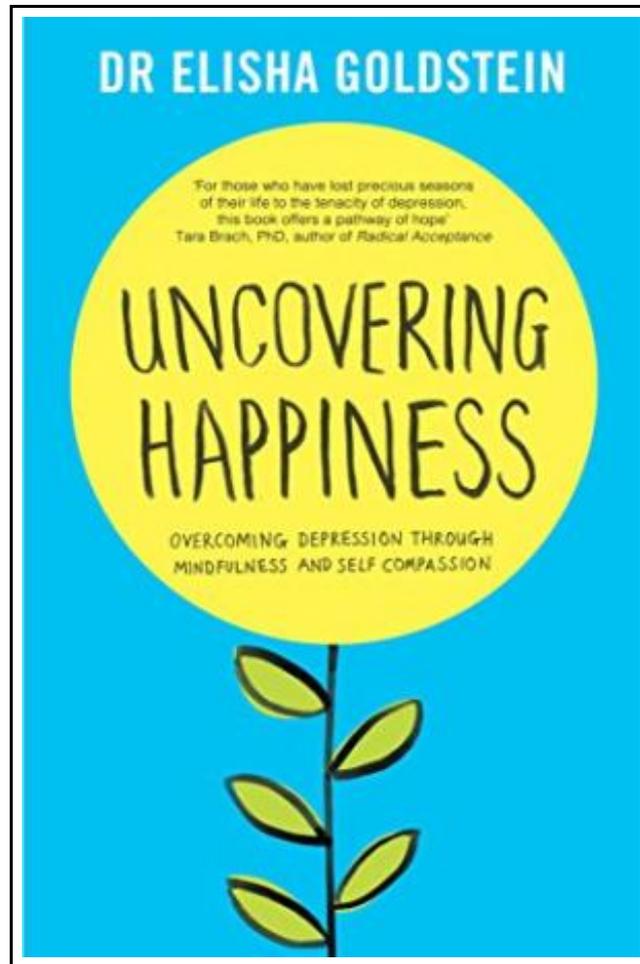


Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion



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UNCOVERING HAPPINESS: OVERCOMING DEPRESSION WITH MINDFULNESS AND SELF-COMPASSION



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Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion, Elisha Goldstein, The Power of Now meets Change Your Brain, Change Your Life in Elisha Goldstein's new book, that - in seven simple steps - shows you how to take back control of your mind, your mood and your life. Uncovering Happiness uses cutting-edge mindfulness and self-compassion techniques along with innovations in neuroscience to release natural antidepressants in the brain. Most of us believe when we're depressed that our situation is hopeless. That's a mistake, Dr Goldstein reassures us. The secret to overcoming depression and uncovering happiness is in harnessing our brain's own natural antidepressant power and ultimately creating a more resilient antidepressant brain. Uncovering Happiness is grounded in two key foundations: mindfulness and self-compassion and the book offers specific techniques for putting them into action. Together, these elements can transform something that typically forces us to spiral downward and turn it into an upward spiral of self-worth and positivity. At its core, Uncovering Happiness contains a persuasive argument for hope: having had depression in the past doesn't mean you must also suffer from it in the future. You can build up the sections of the brain that protect you from depression, and slow down the sections that foster it. Doing this allows the brain's own natural antidepressants to emerge, grow stronger and contribute powerfully to the resilience we need to enjoy the good times, survive difficult times and open ourselves up to lives that truly feel worth living.

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