



Darkness Before Dawn: Redefining the Journey Through Depression

By Various Authors

SOUNDS TRUE INC, United States, 2015. Paperback. Book Condition: New. Reissue. 229 x 155 mm. Language: English . Brand New Book. There s no shortage of psychology self-help books on depression-but this collection, envisioned and edited by Sounds True founder Tami Simon, is not one of them. You won t be revisiting familiar therapies or antidepressant options. What you will find is a gathering of 19 exceptional and compassionate teachers who have faced profound depression themselves. Their purpose? To radically shift the way that we perceive the experience. To offer insights and practices that reach beyond conventional models. And to help us receive depression s uninvited yet singular gifts. The guidance presented here supports traditional psychotherapy and medication as valuable tools. But for those who ve found these approaches incomplete-or seek to help others at an impasse-there s much to discover within these pages, including: Thomas Moore, PhD, on Saturn s gifts; Sally Kempton on shifting from suffering and witnessing awareness; poet Mark Nepo on embracing both emptiness and aliveness; Mary Pipher, PhD, on how despair can open us to long-hidden joy; Christina Baldwin on ineffable sorrow, plus exceptional contributions by Parker J .Palmer, PhD; Anne Marie Chiasson, MD; James...



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Reviews

Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).

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