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## The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook)

By Patricia J. Robinson, Kirk D. Strosahl



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**The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook)** By Patricia J. Robinson, Kirk D. Strosahl


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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## **Editorial Review**

### **Review**

Grounded in ancient wisdom and the newest scientific evidence, this book provides a host of tools for those suffering from depression. Strosahl and Robinson invite us to take a wholly new view of what depression is, and how to deal skillfully with it through strategies born of acceptance and self-compassion. Their book shows the pathways into and out of depression and gives us a vital map to see clearly where genuine peace and freedom lie.

—Mark Williams, professor of clinical psychology and Wellcome Principal Research Fellow at the University of Oxford

### **From the Publisher**

From Kirk Strosahl, cofounder of acceptance and commitment therapy (ACT), **The Mindfulness and Acceptance Workbook for Depression** develops the revolutionary techniques of this new approach into a clear, step-by-step strategy you can use to live a rich and meaningful life with depression.

### **About the Author**

**Patricia J. Robinson, PhD**, is director of training and program evaluation at Mountainview Consulting Group, Inc., a firm that assists health care systems with integrating behavioral health services into primary care settings. She is coauthor of *Real Behavior Change in Primary Care* and *The Mindfulness and Acceptance Workbook for Depression*. After exploring primary care psychology as a researcher, she devoted her efforts to its dissemination in rural America, urban public health departments, and military medical treatment facilities. Robinson resides in Portland, OR.

**Kirk D. Strosahl, PhD**, is cofounder of acceptance and commitment therapy (ACT), a cognitive behavioral approach that has gained widespread adoption in the mental health and substance-abuse communities. He is coauthor of *Brief Interventions for Radical Change* and *In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience*. Strosahl provides training and consultation services for Mountainview Consulting Group, Inc. He is a pioneer in the movement to bring behavioral health services into primary care. He resides in Portland, OR.

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#### **Dorothy Tran:**

Book is definitely written, printed, or created for everything. You can realize everything you want by a book. Book has a different type. As we know that book is important issue to bring us around the world. Close to that you can your reading ability was fluently. A reserve The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life

Worth Living (New Harbinger Self-Help Workbook) will make you to possibly be smarter. You can feel far more confidence if you can know about everything. But some of you think which open or reading the book make you bored. It isn't make you fun. Why they may be thought like that? Have you seeking best book or suited book with you?

**Susan Dixon:**

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook) it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to fund but this book provides high quality.

**Laura Crabtree:**

The reason? Because this The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook) is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your ability and your critical thinking means. So , still want to hold up having that book? If I ended up you I will go to the reserve store hurriedly.

**David McCabe:**

Is it you actually who having spare time and then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? This The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (New Harbinger Self-Help Workbook) can be the reply, oh how comes? A fresh book you know. You are and so out of date, spending your time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

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