



Listening to Depression: How Understanding Your Pain Can Heal Your Life

Lara Honos-Webb Ph.D.

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A New Way of Thinking About Depression

What does it really mean to be depressed? You know depression as a collection of symptoms—fatigue, listlessness, feelings of worthlessness—and the source of more than a little pain. But depression is also a signal that something in your life is wrong and needs to be healed. Too often, though, we try to cut off or numb our feelings of depression instead of listening carefully to what they are telling us about our lives.

Listening to Depression offers insightful ways to reframe depression as a gift that can help you transform your life for the better.

Each chapter discusses a different aspect of depression as a positive opportunity for growth or change. Depression can be the start of a reorientation in life, a step in the search for meaning, or a chance for letting go of hurtful aspects of the self. It can also be a chance to deal with grief and loss and learn to expand your potential. The book concludes with a section of advice about when it is important to defend against depression and how best to go about it when the need arises.

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From reader reviews:

Rose Villegas:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a book. The book Listening to Depression: How Understanding Your Pain Can Heal Your Life it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book features high quality.

Patrick Perkins:

Your reading 6th sense will not betray you actually, why because this Listening to Depression: How Understanding Your Pain Can Heal Your Life publication written by well-known writer who really knows well how to make book that may be understand by anyone who read the book. Written with good manner for you, still dripping wet every ideas and creating skill only for eliminate your current hunger then you still skepticism Listening to Depression: How Understanding Your Pain Can Heal Your Life as good book not only by the cover but also by the content. This is one publication that can break don't determine book by its deal with, so do you still needing yet another sixth sense to pick that!?! Oh come on your examining sixth sense already alerted you so why you have to listening to an additional sixth sense.

Adria Jenkins:

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Donald Murphy:

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