



Darkness Before Dawn: Redefining the Journey Through Depression

VARIOUS AUTHORS

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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 16 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 into 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”; Parker J. Palmer, PhD, on finding meaning and connection through the experience of depression; plus exceptional contributions by Ann Marie Chiasson, MD; James Gordon, MD; Sandra Ingerman; Karla McLaren; Robert Augustus Masters, PhD; Amy Weintraub; Jeff Foster; Elizabeth Rabia Roberts, EdD; Michael Bernard Beckwith; and Reginald A. Ray, PhD.

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In this time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. Typically the book that recommended to you is Darkness Before Dawn: Redefining the Journey Through Depression this reserve consist a lot of the information on the condition of this world now. This book was represented so why is the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Often the writer made some exploration when he makes this book. That is why this book acceptable all of you.

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