

[PDF] The Zen Path Through Depression

Philip Martin - pdf download free book

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Author: Philip Martin
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Description:

Since depression sometimes responds well to drugs, it's natural to think that, without medicinal intervention, we're helpless in the face of it. Like John Tarrant's groundbreaking , Philip Martin's *The Zen Path Through Depression* offers a powerful alternative. A psychiatric social worker having recovered from depression himself, Martin is a sympathetic voice, urging the reader not to escape from depression or fight against it but to face it and work through it. He says that the mindfulness exercises appended to each short section of his book are optional, but they seem essential. It's true that the book could stand alone with its one- and two-page sections devoted to trenchant explorations of fear, death, sufficiency, choice. But the exercises bring you through the quagmire of depression and back into life. They are true experiences that untie knots impervious to thought alone. Instead of thinking your thoughts, you watch them, and where they can take you finally is back into joyful living. --Brian Bruya

From Publishers Weekly At age 37, Buddhist scholar and psychiatric social worker Martin found

himself in the grips of a depression that initially eluded his reliance on Buddhist practice to stay balanced. However, like Jonathan Zuess, M.D., the author of last year's *The Wisdom of Depression*, Martin eventually found in depression an unexpected opportunity for spiritual exploration. He has distilled the lessons he learned into 43 brief essays on topics such as pain, impermanence, death, faith and selflessness, each of which aim to encourage the patient to accept and examine depression rather than attempt to escape or heal it. In contrast to popular conceptions of Buddhism as "a dry, joyless, intellectual exercise," Martin asserts that "the path Buddha offered is one of turning toward and moving into joy." His meditative exercises will have a familiar ring to readers already versed in the subject. Among the more innovative ones are those dealing with thoughts of suicide and death, in which he recommends writing one's prospective obituary or imagining in detail the genuine effect of one's suicide on others, including those who discover the body. Agent, Scott Edelstein.
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