



Healing Depression the Mind-Body Way: Creating Happiness Through Meditation, Yoga, and Ayurveda

Nancy Liebler , Sandra Moss

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"If you have an interest in optimum mental health, this book belongs on your shelf!"

--**Amy Weintraub**, author of *Yoga for Depression* "A must-read for anyone interested in overcoming depression and healing themselves naturally. A very important book that will elevate you in many ways. Everyone must seek it out."

--**Dharma Singh Khalsa**, M.D., author of *Meditation as Medicine* and *Dead Brain Cells Don't Lie*

Activate the inherent wisdom of your mind-body

Healing Depression the Mind-Body Way shines a new light on the darkness of depression by presenting specific antidepressant strategies designed to help you unleash your innate healing potential. The time-tested advice presented in this book is based on the latest theories of modern science and the practical wisdom of Ayurveda, an ancient system of natural medicine. This unique book offers a comprehensive step-by-step program for eradicating the root of depression from the physical, mental, emotional, and spiritual aspects of your being.

Through detailed questionnaires about your psycho-physiological profile and elemental imbalances, you will identify an archetype that most represents your experience with depression. Then, you will design a tailor-made health program to regain balance in your mind-body.

You will learn to undo depression by:

Identifying your unique manifestation of depression based on elemental imbalances Using yoga, exercise, and breathing techniques that are in sync with your specific physical, mental, and emotional needs

Using food and meditation as medicine

Whether you are battling a depressive episode or need support coping with the problems of daily living, this book will help you awaken the "physician within" and embark on a pathway to a life of balance and renewal.

Healing Depression the Mind-Body Way: Creating Happiness Through Meditation, Yoga, and Ayurveda Details

Date : Published April 6th 2009 by Wiley (first published 2009)

ISBN : 9780470286319

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Format : Paperback 278 pages

Genre : Nonfiction, Health, Mental Health, Self Help

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From Reader Review Healing Depression the Mind-Body Way: Creating Happiness Through Meditation, Yoga, and Ayurveda for online ebook

Jimmy says

Simple and practical, easy to apply, works even if you only use a few of the ideas

Hadi says

I found this book useful. The three Depression Archetypes gave me a different way to think about depression. I also like the spice tea (cumin / coriander/ fennel) - don't know if it works but it's delicious!

Alyssa says

I'm not a believer in Ayurveda, so this book, while interesting, was of no use to me.

Nicole says

Meh.

Katie says

This book is an easy read and shows how Ayurveda and western science have confirmed some very simple ways to effect positive change in your life, particularly as it relates to your dominant dosha. If that's too "woo woo" the science backs up that the mind body connection is strong and meaningful and can/should be treated together. Treating one affects the other! No surprise. Going for a walk in the morning or getting better sleep will boost your mood - no surprises. Just validating as I seek ways to encourage the positive in my life.

Meleofa says

I don't know how far I will get in this book. I'm 20 pages in, and already losing interest.

Dianelys R says

It is a great book with concrete bases and even if you not have depression or whatever, helps you to improve your lifestyle.

Kate says

This is a great book that gives real solutions for things that you can do to lessen depression in a non-medicinal way. It follows the path of Ayurveda and breaks down depression into 3 types (Airy, Burning or Earthy) and different things to do for each one. It doesn't treat the disease as a generalization, but instead looks at differences we have as individuals and helps to break treatment down into smaller steps.

Kim says

This was on a suggested reading list for a yoga training I took. I was initially intrigued by Ayurveda as I know little about it. I can not say that my knowledge base has really expanded with this book. Much of the meat of this book seemed somewhat vague or lacked enough detail to really gain a good understanding of the topics put forth. I also found many of their examples simplistic.

While the authors advocate natural ways of treating depression, they denigrate the use of therapy (especially CBT) and medication. This was almost amusing to me as many of the natural treatments they suggested are generally a part of a good CBT program. The authors also insist that depression can not be treated one way (read medication and therapy) as everyone is different. Instead, they suggest three ways of treating depression. They also set out various rules that they later contradict (e.g. don't go to bed until you are sleepy, go to bed at the same time every night).

The authors also mention various studies throughout the book, but don't cite any of them. As a matter of fact, they have NO references listed in this book. Don't waste your time or money on this one.

Belann says

I really learned a lot about Ayurvedic medicine from this book. The application was for depression, but it explained in great detail the three body types: vata, pitta, and kapha, and how to overcome problems in all three. The emphasis was on depression, but there was a great chapter on sleep problems. Very helpful.

Colleen says

This book makes so much sense to me. I love how they split depression into the three doshas. Instead of reading descriptions of symptoms (which always seem too general) I enjoyed reading profiles of people who exhibit each doshic type of depression. Right now I'm reading about pranayama work for each form of depression. Really looking forward to the chapters on yoga and ayurveda/food remedies.

Emily says

found this while looking for some yoga DVDs and thought it would make an interesting read :)
