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The secret to overcoming depression and uncovering happiness is in harnessing our brain's own natural antidepressant power and ultimately creating a more resilient antidepressant

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brain. Uncovering Happiness is grounded in two key foundations: mindfulness and self-compassion and the book offers specific techniques for putting them into action.

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"Uncovering Happiness helps
depression sufferers build a
mindful and compassionate
engagement with mood
disorders by drawing on

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inner resources that are available to each and every one of us." (Zindel Segal, Ph.D., author The Mindful Way Workbook and Distinguished Professor of Mood Disorders, University of Toronto Scarborough)

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In seven simple steps,
Uncovering Happiness uses
cutting-edge mindfulness and
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along with innovations in neuroscience to help you combat depression and take back control of your mind, your mood, and your life. Most of us believe when we're depressed that our situation is hopeless.

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That's a mistake. Dr.
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The secret to overcoming
depression and uncovering
happiness is in harnessing

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backed by recent scientific
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In Elisha Goldstein's new
book, *Uncovering Happiness:
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Compassion*, he combines

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techniques from
contemplative psychology to
teach readers how they can
start to redirect and rewire
their thought processes and
avoid what he calls the
depression loop.

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neuroscience to help you
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Most of us believe when
we're depressed that our
situation is hopeless.

That's a mistake. Dr.

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The first step in uncovering happiness and experiencing freedom from the depression loop, then, is learning how

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to objectively see this loop in action instead of getting lost in it. The moment we notice the depression loop in action is a moment we've stepped outside of it, into a space of perspective and choice.

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by recent scientific
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shows that mindfulness
reduces the risk of relapse
in people who have
experienced ...

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Uncovering Happiness:

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Abstract: Goldstein believes

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that overcoming depression
and uncovering happiness is
in harnessing our brain's
own natural antidepressant
power and ultimately
creating a more resilient
antidepressant brain. In
seven simple steps, she

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shows you how to take back
control of your mind, your
mood, and your life --

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foundations: mindfulness and self-compassion, and backed by recent scientific discoveries.

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neuroscience to help you
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Most of us believe when
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Elisha Goldstein, Ph.D. is creator of the six month online program A Course in Mindful Living, author of the book Uncovering Happiness: Overcoming

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