



Freedom from Depression: A Practical Guide for the Journey

By James S. Gordon

SOUNDS TRUE INC, United States, 2012. CD-Audio. Book Condition: New. abridged edition. 170 x 165 mm. Language: English Brand New. Essential Practices for Lasting Freedom from Depression The true source of healing from depression comes from within-not from doctors or medications. Yet when depression drains away our vitality and will, how can we find the energy to help ourselves? With Freedom from Depression, Dr. James S. Gordon reveals a new and empowering approach for dealing with this misunderstood condition-a way out of the darkness that helps you restore balance and joy to your life. Proven Techniques for Navigating Our Way to Wholeness Through both his personal experience and 40 years of research, Dr. Gordon knows just how serious depression can be. Dr. Gordon challenges the common medical model of depression as a strictly physical disease that is best treated with drugs-instead, he sees it as a wake-up call that our lives are out of balance. Drawing from treatments he and his colleagues have used successfully in places like Kosovo, Gaza, Haiti, and post-Katrina New Orleans, as well as experiences with patients in his US practice, he has created a set of simple and elegant tools for engaging more deeply with...



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