



Minding the Black Dog: Overcoming Depression with Mindfulness Meditation (Paperback)

By D E Osto

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Minding the Black Dog is a short, engaging book about how to use mindfulness to overcome depression. Combining his thirty years of meditation and teaching with his own life experience, the author details in six short chapters how to apply the principles of mindfulness to cope with negative core beliefs and negative emotions from depression. The book includes six different mindfulness exercises and links to free audio files for use in guided meditation. The author concludes with a chapter on how mindfulness can be used to go beyond mental health to achieve one's goals, fulfilling one's dreams, and live a rewarding and spiritual life.



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