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The Zen Path Through Depression by Philip Martin

Through attentive, compassionate practice With the depression, it is 'Possible to experience an even deeper healing, and grow in our spiritual lives. This book is a, guide to the wilderness that is depression, written by someone who knows, the territory and has seen that a map alone, is, riot enough.

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Martin Philip The Zen Path through Depression

The Zen Path through Depression is a practical, clear resource that approaches depression in an entirely new way. Philip Martin tells us that "depression is an illness not just of the body and mind, but also of the heart." The heart, the spirit, is where the key to healing lies.

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Zen Path Through Depression Book Review

Each chapter focuses on a different aspect of depression and recommends a meditation or reflection. With these tools, coping with depression becomes a way to mend the spirit while enriching the soul. The Zen Path through Depression is a practical, clear resource that approaches depression in an entirely new way.

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The Zen Path Through Depression Philip Martin

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