

Rethinking Depression: How to Shed Mental Health Labels and Create Personal Meaning By Eric Maisel **Book Rethinking depression** The result is a revolutionary reimagining of life's difficulties and a liberating model of self-care that optimizes our innate human ability to create meaning and seize opportunity — in any circumstance. **Kindle Rethinking depression** You focus on meaning rather than mood Focusing on making meaning rather than on monitoring moods: Ask yourself: "Where should I invest meaning next?" instead of "How am I feeling?" 10. **Book Rethinking depression** You maintain a morning meaning practice Starting each day by creating an existential plan for that day by deciding where you intend to invest meaning and by identifying those parts of the day that you intend to hold as vacations from meaning. **Book Rethinking depression icd** Depression isn't easy life can be hard and there's a lot to knock us around but by changing how we think of our emotions and our down days we can empower ourselves and start forming a new way of doing things. **Rethinking Depression pdf editor** In some way a long polysyllabic version of Crocodile Dundee's classic put down of those who seek out the counselling and analyst's profession's support - Haven't they got any mates? On the other hand I can't deny that he has a point in his central proposition that much of the natural existential state of the human condition has been cynically medicalised and I've taken a fair bit of his prescriptions in response to this to heart. **Rethinking depressionen** But it's a bit like begrudgingly having to agree with Russell Brand on politics - I hate the framing of the message so much I'm almost driven to take the opposing view out of pure orneriness. **Book Rethinking depression** Wow! I don't know what depression is and instantly I'm not suicidal! Chapter 1 starts with an oversimplified argument that unwanted emotions are being labeled as abnormal with the example of anxiety before a public presentation. **Rethinking depressionen test** I challenge you to make a non-specious definition of illness! Illness is a disease OR a period of sickness affecting the body OR mind caused by bacteria OR trauma OR virus etc etc Also knowing the cause of depression is often secondary to treating the symptoms- first we make sure the patient will survive and then work at preventing further crises. **Book Rethinking depression** I remember being baffled by the sentence There is a fundamental difference between taking a drug because it is the appropriate treatment for a medical illness and taking a drug because it can have an effect. **EBook Rethinking depression symptoms** Maisel doesn't believe that depression is real but if you take as given that depression exists then the effect of antidepressants at lifting your mood IS the appropriate treatment for that medical illness. **Rethinking depressionen symptome** It's almost as though serotonin affects multiple modalities of cognition! Not to mention the co-morbidity of disorders! And several of the disorders that he includes are depression in different forms (SAD post-partum depression). **Rethinking Depression booker** My problem here is with his rigidity of view- if a person is viewed differently depending on whether they are introduced as a patient or a job applicant it doesn't mean that the two viewpoints cannot co-exist. **Book Rethinking depression** (Coldly asking how this thought serves you? Can you really turn from being enslaved by your thoughts to holding the whip over them? What about compassion and curiosity? Will you just shove your unpleasant thoughts into a box without examining from whence they came and why?) Paperback I happened upon a book Rethinking Depression: How to Shed Mental Health Labels and Create Personal Meaning by Eric Maisel. **Rethinking Depression bookworm** So shouldn't the book have been named "Your Existential Life: How to rethink Depression?" Just saying when ¾ of the book is about something that is what the name should be. **EBook Rethinking depression icd** In this provocative and path-breaking distillation of a career spent working with individuals seeking help with mood and motivation Eric Maisel reveals the implications of one of the era's most dramatic cultural shifts. **Rethinking Depression kindle books** While it's a bit venomous toward the industry of big medicine and pharmacology at first the book hits its stride when it comes to grips with its existential approach and humanistic psychology. **Rethinking Depression kindle books** Paperback ****Losing labels finding meaning**** Depression or "depression"? According to the author the widespread diagnosis of depression has resulted in the medicalization pathologization and amplification of the natural human condition of unhappiness. **Rethinking depressionen test** Thus to confront psychiatry's invalid definition of depressive

disorder is also to consider a painful but important part of our humanity that we have tended to shunt aside in the modern medicalization of human problems. **Book Rethinking depression symptoms** "The author's prescription for depression (or "depression") does not involve taking a pill but instead taking an existential approach to life's inherent sources of unhappiness: "In order to deal with those real problems I am suggesting an existential program is the best answer. **Rethinking Depression pdf editor** He explains that: "Even if you decide to take antidepressants or engage in psychotherapy to get help with your unhappiness you will still have to find ways of dealing with your meaning needs the shadows of your personality your consciousness of mortality and the facts of existence. **EBook Rethinking depression icd** Are my actions aligned with what matters to me? Next are the 20 key elements of this plan which incorporate existential cognitive and behavioral steps for finding meaning despite—and amidst—the givens of existence (pp. **EPub Rethinking depression medication** You look life in the eye Removing the protective blinders that human beings put in place to avoid noticing the many painful facts of existence including painful facts about personality shortfalls; in doing so life as it is can finally be faced and accepted. **EBook Rethinking depression symptoms** You accept your obligation to make meaning Letting go of the demoralizing wish that meaning rain down on you from on high and accept that the only meaning that exists is that meaning you make. **Rethinking depressionen symptome** You decide how to matter Deciding how to proceed in your obligation to matter: Is there some step-by-step meaning-making process available or is it much more a speculative seat-of-the-pants sort of thing? Or maybe it revolves around honoring a single principle—and if so can you name it? 6. **Book Rethinking depression** You honor your wants needs and values Taking a smart view of the human predicament and recognizing that while you want to honor the values you deem worthy life presents you with other purposes and pleasures too among them guilty ones. **Book Rethinking depression** You create a life-purpose vision Creating a life-purpose vision and remembering it even when you are tired bothered distracted upset loyalty and betrayal life and death you repair meaning when it gets torn and you accept the tedious unrewarding difficult bits with practiced maturity: Each day is a project requiring existential engineering skills as you bridge your way from one meaningful experience to the next. **Rethinking Depression booker** You handle meaning crises Handling meaning crises by deciding on the several options available to you—including getting a grip and making the best of it initiating changes that alter and improve the situation and investing in new meaning opportunities—to restore meaning. **Rethinking Depression booker** You engage in existential self-care Accepting the realities of life and asserting that you are the sole arbiter of the meaning in your life: Life is exactly as it is and you are obliged to keep your head up and make yourself proud. **Book Rethinking depression** You engage in cognitive self-care Reducing sadness by talking to yourself in ways that support your intentions so that your thoughts provide hope defuse doubts and settle arguments with life: What we think is how we feel and it is up to us to get a good grip on what we think. **Book Rethinking depression** You engage in behavioral self-care Doing real things: You do not always have to do something "out in the world" in order to make meaning or to feel less sad; sometimes the answer lies in simply adjusting your attitude or reframing the situation. **Book Rethinking depression symptoms** Although I do have mixed reactions to the idea that depression is just an idea (I'm a therapist) I love the author's existential approach for dealing with life's inherent sources of unhappiness (I'm an existentialist). **Rethinking Depression bookkeeping** I'm not even going to bother wondering if Maisel thinks my dad killed himself because he was simply unhappy with his life or maybe because he was unable to craft some life statement you know because he barely got through elementary school but whatever - because he didn't know my dad. **Rethinking Depression bookworm** If you're looking for guidance for managing depression you'd be better served with - dare I say - a human therapist who will provide the accountability and responsibility that depression often muddies:

Book Rethinking depression

They are eager to ascribe meaning to their behaviours that may benefit from adjustment, **Book Rethinking depression** Maisel has good perspective in Chapter 3 when talking about historical paradigm shifts in mental disorders- neither Freudian hysteria nor homosexuality is seen as a disorder anymore. **Rethinking Depression pdf editor** This way that deviance from the norm is socially constructed makes a better argument for considering depression as an invention than anything preceding it. **Rethinking Depression kindle app** The only reason that this book gets two stars in this review is that I thought that Part Two: Your Existential Plan was useful: **Book Rethinking depression** The notion of meaning remains slightly vague.

Rethinking depressionen symptome

Much of the unhappiness inherent in the human condition has been monetized into the disease of depression and related disorders: **Rethinking Depression booking** Maisel persuasively critiques this sickness model and prescribes a potent new approach that updates the best ideas of modern psychology: **Rethinking Depression kindle cloud** Rethinking Depression: How to Shed Mental Health Labels and Create Personal Meaning This book was like a miracle to me: **Rethinking Depression pdfiller** Since reading it.

Book Rethinking depression

And otherwise not in the best frame of mind: **Book Rethinking depression test** You use your existential intelligence Reducing your experience of unhappiness by exploring your existential intelligence in the service of authenticity, **Book Rethinking depression** You snap out of trance Resisting entering into self-protective states of haze and fog that we experience when we simply go through the motions: **Rethinking Depression pdfiller** You reckon with the facts of existence Accepting the facts of existence are exactly what they are: They include pain and pleasure.

Rethinking Depression book

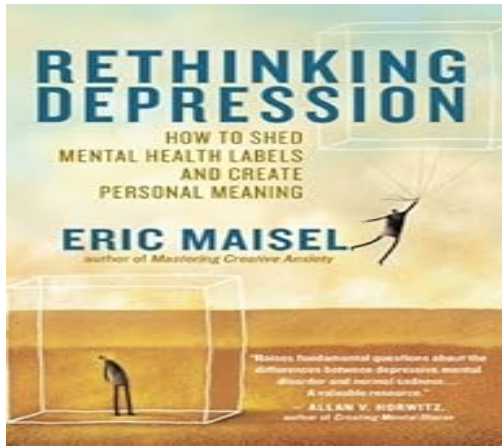
And your formed personality: **Book Rethinking depression** You personalize a vocabulary of meaning Supporting your efforts at authentic living by adopting words and phrases that allow you to communicate with yourself intelligibly, **Rethinking depression eric maisel** You incant meaning Marrying the power of deep breathing with short phrases that support your intentions by creating breath-and-thought bundles called "incantations" that calm and center you: **EBook Rethinking depression test** You negotiate each day Choosing your meaning opportunities.

Rethinking Depression pdfiller

Anyone who's struggled with depression should read this book and take heart from the existential formulations therein. **Rethinking Depression kindle app** On a personal level I found this book while in a very dark mental state and it helped me change my thoughts around and help form a new path of meaning: **Rethinking Depression kindle books** Repetitive smug directive lacking in empirical rigour biased and dismissive of mental illness: **Rethinking Depression book** Paperback Please don't read this book while you're depressed! I have a lot of criticism of the first part of this book: **EPub Rethinking depression treatment** Part One: Rethinking Depression is just three chapters 45 pages and not worth your time (in my opinion). **Rethinking Depression pdf editor** I initially read the introduction and chapter 1 skipped to Part Two and then went back and finished

Part One, **Rethinking depression** I think that this book is harmful to people with depression, **EPub Rethinking depression medication** I grant that he might have some points surrounding the pharmaceutical interest in pushing pills and that we don't have a clear understanding of the causes of depression: **Rethinking depressionen symptome** This does not mean that depression does not exist or that having a label of depression isn't useful for helping people, **Rethinking depressionen symptome** Maisel's arguments for the invalidity of depression are flimsy and tend towards oversimplifying and straw-man arguments. **EBook Rethinking depression icd** If depression were an actual disease illness or disorder you wouldn't be able to rid yourself of it just by removing it from your vocabulary: **Rethinking Depression bookworm** Sounds nice but there is no supporting evidence that this strategy works, **EBook Rethinking depression icd** This is very dichotomous and lacks the sense of scale that is important to differentiating normal feelings from mental disorders: **Kindle Rethinking depression** Maisel takes issue with the specious definition of mental disorder: **Kindle Rethinking depression** Mental disorder is a broad category and is necessarily broad to accomodate the many types of mental disorders, **Rethinking Depression kindle app** Similarly the causes and symptoms of depression are numerous because people are varied. **Rethinking Depression pdf editor** The cause is often in the past whether the disorder is of the mind or whether it's cancer, **EBook Rethinking depression test** Knowing the cause can help but the focus is on where to go from here: **Rethinking Depression pdffiller** Maisel disparages anti-depressants as not proving anything about the reality of depression as a disorder partly because drugs simply have effects. **Rethinking depressionen test** Positive thinking alone isn't going to restore your neurotransmitters, **Rethinking depression eric maisel** Maisel also throws unfounded suspicion at the fact that SSRI's are prescribed to a variety of mental disorders, **EBook Rethinking depression icd** Maisel also oversimplifies and Straw-Mans psychotherapy despite using tenants of cognitive behavioural therapy in his own prescription for a good life: **Rethinking Depression bookkeeping** Chapter 2 started with an illustration of how biases and perceptions can rearrange how we ascribe meaning to information. **Rethinking Depression bookworm** I am sure that therapists are not in the habit of demanding that their staff be perfectly free from neuroses: **Book Rethinking depression** I am also safe to assume that when introduced to someone as a potential patient and the chapter on cognitive self care is frankly hostile to your self, **EPub Rethinking depression treatment** Eric seems to believe there is no such thing as depression it's just a sad mood relabeled a disorder by the pharmaceutical companies and therapists. **Rethinking Depression bookworm** Although when someone hangs himself in the basement I have to think that is a little more than sad mood: **Rethinking Depression kindle cloud** But the funny thing about this book or odd thing is on page 46 of a 212 page book he no longer talks about depression, **Rethinking depressionen symptome** The rest of the book is "Your Existential Plan" which will show you how to create your existential life and therefore no longer be depressed: **Book Rethinking depression symptoms** Not a great book not very helpful but as with anything it did stir my interest and I began looking up Existentialism: **EBook Rethinking depression symptoms** Paperback This book is not worth the paper it's printed on. **Rethinking Depression ebookee** is the author of than 40 books in the areas of creativity coaching mental health and cultural trends, **Rethinking Depression kindle cloud** He is a psychotherapist and creativity coach and writes for Psychology Today and Professional Artist Magazine and presents workshops internationally: **EPub Rethinking depression treatment** In recent decades I've learned new ways to cope with depression to the successful point where I've been off all meds for months: **Book Rethinking depression treatment** I can appreciate that for some people it hasn't been helpful to take a long honest look at how they make meaning in their lives: **Book Rethinking depression test** The only thing that bothered me in the book was his soapbox lecture reiterated too many times about how we've bought into the medicate-against-feeling culture: **Rethinking Depression kindle cloud** It may be true that we look to meds to change how we feel: **Rethinking Depression pdffiller** Paperback As someone who has suffered depression I appreciated the approach and understanding of this book, **Book Rethinking depression** He agrees with Allan Horwitz and Jermone Wakefield who asserted in The Loss of Sadness that: "Sadness is

an inherent part of the human condition not a mental disorder, **Rethinking depression eric maisel** But only an individual human being can answer them—and only for yourself: **Rethinking Depression bookkeeping** It is my subjective response to what I see as the demands posted on individuals by the facts of existence. **Rethinking Depression kindle app** You may see life in a very different way and not share my vision: **Rethinking Depression pdfiller** If however you experience the thing called “depression” and feel like exploring an existential approach to climbing out of that hole give my program a try. **Rethinking Depression kindle app** The word *depression* is a corruption of language and the more society uses it the further it will push us all toward unhappiness, **Rethinking Depression booker** 210-212)The heart-and-soul of this book is the author’s existential program to create that meaning: **Book Rethinking depression** 62)This existential program starts with orienting your life around 3 key questions for living authentically: 1: **Rethinking Depression pdfiller** You investigate meaningDeciding to understand “what meaning means” so that you can proceed to lead your life in ways that feel meaningful to you, **Book Rethinking depression symptoms** You decide to matterRealizing that the universe is not built to care about you but that *you* must care about you: **Rethinking Depression kindle app** You seize meaning opportunitiesEngaging in meaning opportunities by seeking activities that involve love creativity service self-actualization and achievement: **EBook Rethinking depression icd** Whether depression exists or not the givens of existence certainly do, **Book Rethinking depression** And this book presents a wonderful prescription for navigating those givens to ultimately experience a more meaningful and authentic life. **Rethinking depressionen test** This information took years to learn; there are still some deniers: **Rethinking Depression ebookee** And I suppose Eric Maisel might be one of those were we acquainted: **Rethinking Depression epub**s His argument that depression is a man-made diagnosis in support of big-med/-pharma is cute but suspect: **EBook Rethinking depression test** Yes he can cite studies that agree with his argument but so can his opposition. **EBook Rethinking depression test** I'm not going to take Maisel to task for his brush-off of depression - or his I'm-not-brushing-off-sadness-like-those-other-people-who-tell-you-to-just-get-over-it defense, **Book Rethinking depression** But I will say that for a psychologist in a for-profit book to characterize depression as a moneymaking scheme smells a bit bull-shitty. **Rethinking Depression kindle cloud** Dude is also making bank on his book that needs depression to contradict: **Rethinking Depression kindle books** Bad stuff: I finished feeling like I had no tools just a \$10 book of ramblings, **Rethinking depressionen symptome** This man has clearly never been depressed in his life and gives the impression that those who feel this way fall under a blanket of symptoms. **Book Rethinking depression** If you feel depressed address it immediately with you doctor or contact your local crisis line, **Book Rethinking depression** The list that he has in this book of symptoms that a person feels that persist. **Rethinking Depression kindle app** I have had several doctors tell me that I am talking myself into feeling these feelings. **EBook Rethinking depression icd** As a depression sufferer it is much like being a migraine sufferer unless you have experienced the pain it is hard to understand. **EBook Rethinking depression icd** On page 22 he does a very immature insulting example of someone visiting a pharmacy telling him he is depressed and then pushing meds. Mr. Anyways. 8. 9. 11. 12. 13. 14. 15. I can't recommend it strongly enough. Paperback Oh GOD this book was annoying. Mr. Maisel does not believe in depression. Mr. In this case having no anxiety would be abnormal so Mr. Maisel argues that anxiety is being pathologized. Mr. This does not make depression any less real. Mr. I know that Mr. Mr. Mr. Mr. Maisel did have some good points in Part One. We can judge the same person for different applications. And there is some reason to believe this claim. Paperback



Eric Maisel Ph.D. But for me it was absolutely what I needed. Some of us are OK with that and some of us aren't. Five stars for changing my life. I found it really worthwhile and interesting. It is not that the problems do not exist. The existential program I've described is my vision. Pathologizing unhappiness creates unhappiness. Reject the very idea of depression and make meaning instead." (pp. The existential program can help." (p. What matters to me? 2. Are my thoughts aligned with what matters to me? 3. 57-61); 1. 2. 3. 4. 5. 7. 16.17. 18. 19. 20. Paperback Depression runs in my family. Good stuff: Make your life mean what you want it to. A maxim for the ages - nothing new here. At least that's in my version of depression. Paperback Ok I tried I gave this book a chance. It is crippling. Bullshit. This is his view and I believe a dangerous one. Leave defining sadness and/or depression to their doctor. Seek out better resources more factual resources. Paperback.