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Nota di contenuto	Part 1: Stuck in a downward spiral -- A brain map of depression -- Trapped with anxiety and worry -- Always noticing the negative -- Caught in bad habits -- Part 2: Creating an upward spiral -- Exercise your brain -- Set goals, make decisions -- Give your brain a rest -- Develop positive habits -- Take advantage of biofeedback -- Activate a gratitude circuit -- Rely on the power of others -- Your brain in therapy.
Sommario/riassunto	Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In The Upward Spiral, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life.