

1. Record Nr.	UNINA9910787344303321
Autore	Korb Alex
Titolo	The upward spiral : using neuroscience to reverse the course of depression, one small change at a time / / Alex Korb, Ph.D ; foreword by Daniel J. Siegel
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, Inc., , 2015 ©2015
ISBN	1-62625-121-5
Descrizione fisica	1 online resource (230 pages)
Classificazione	SEL011000PSY020000PSY049000
Disciplina	616.8527
Soggetti	Depression, Mental Affective disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
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.