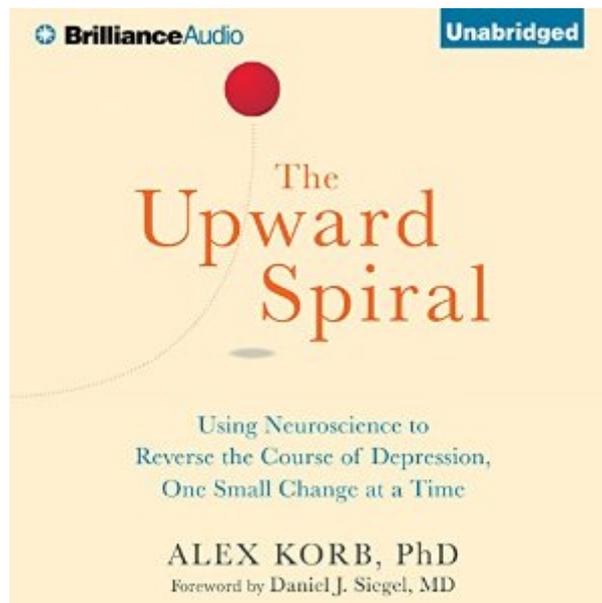


The book was found

# The Upward Spiral: Using Neuroscience To Reverse The Course Of Depression, One Small Change At A Time



## Synopsis

Depression can feel like a downward spiral, pulling you down into a vortex of sadness, fatigue, and apathy. Based in the latest research in neuroscience, this audiobook offers dozens of little things you can do every day to rewire your brain and create an upward spiral toward a happier, healthier life. Depression doesn't happen all at once. It starts gradually and builds momentum over time. If you go through a difficult experience, you may stop taking care of yourself. You may stop exercising and eating healthy, which will end up making you feel even worse as time goes on. You are caught in a downward spiral, but you may feel too tired, too overwhelmed, and too scared to try to pull yourself back up. The good news is that just one small step can be a step in the right direction. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the neurological processes in the brain that cause depression and offers effective ways to get better--one little step at a time. In the book, you'll discover that there isn't "one big solution" that will solve your depression. Instead, there are dozens of small, practical things you can do to alleviate your symptoms and start healing. Some are as simple as relaxing certain muscles to reduce feelings of anxiety while others involve making small efforts toward more positive social interactions. Small steps in the right direction can have profound effects--giving you the power literally to "reshape" your brain. Like most people, you probably didn't wake up one day and find yourself completely depressed. Instead, it probably happened over time, as a series of reactions to difficult situations and negative thinking. But if you are ready to reverse the trajectory of your depression and find lasting happiness, this audiobook will show you how.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 34 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: March 1, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00T3JFM9S

Best Sellers Rank: #23 in Books > Health, Fitness & Dieting > Mental Health > Depression #34 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #36 in Books > Medical Books > Psychology > Neuropsychology

## Customer Reviews

I don't want to make any unscientific claims here, but I've found that a lot of the people I know who are depressed are also pretty smart. Which means that self-help books by celebrity rehab graduates and costumed spiritual gurus aren't going to be of any help. Another unscientific conjecture: in my experience, depressives tend to have finely tuned aesthetic sensibilities, which means reading clunky technical literature is a daunting challenge, particularly through the fog of one's symptoms. The Upward Spiral stands out from the pack for three significant reasons: 1. It's based in evidence. This book isn't made up of snake oil panaceas, or Hallmark platitudes, or overblown pep-talk rhetoric. It's built on a foundation of clinical trials and observations of the brain, as up-to-date with contemporary neuroscience as possible. 2. It reads well. The problem with writing based on scientific evidence often ends up being that the prose is dry and boring, or patronizingly dumbed-down, or frustratingly abstract. Korb is no Adam Phillips, but he writes about the structure and function of the brain more clearly than anyone else I've read in the past, frequently deploying effective analogies to familiar objects and ideas. 3. It includes advice. Another problem with some science-based texts is that knowing what synapses fire at what time doesn't really help you figure out what to do outside your skull. Korb gives a suggestion on practically every page. This book isn't going to cure you. It addresses a specific aspect of depression: the way symptoms reinforce themselves and inspire new ones, resulting in the downward spiral that drags you down to your deepest depths.

[Download to continue reading...](#)

The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time  
Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems  
Kovels' Depression Glass and Dinnerware Price List, 8th edition (Kovels' Depression Glass & American Dinnerware Price List)  
The Depression Book: Depression as an Opportunity for Spiritual Growth  
The Depression Cure: The 11-Step Program to Naturally Beat Depression for Life  
Python: Python Programming Course: Learn the Crash Course to Learning the Basics of Python (Python Programming, Python Programming Course, Python Beginners Course)  
Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou)  
Be the Change! Change the World. Change Yourself.  
Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and

Self-Healing Strategies Inside Jokes: Using Humor to Reverse-Engineer the Mind (MIT Press)  
Subjective Time: The Philosophy, Psychology, and Neuroscience of Temporality (MIT Press) Don't  
Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things From Taking  
Over Your Life (Don't Sweat the Small Stuff Series) One Watercolor a Day: A 6-Week Course  
Exploring Creativity Using Watercolor, Pattern, and Design (One A Day) Keyboarding Course,  
Lessons 1-25: College Keyboarding, Spiral bound Three Cups of Tea: One Man's Journey to  
Change the World... One Child at a Time (Young Reader's Edition) The Cooking of Spain and  
Portugal (1 Hardcover and 1 Spiral-bound Recipes Book, in Binder) (Time Life Books: Foods of the  
World) The Time Garden Note Cards: Color-In Note Cards from the Creator of The Time Garden  
and The Time Chamber (Time Adult Coloring Books) Learn C++ In A DAY: The Ultimate Crash  
Course to Learning the Basics of C++ In No Time (C++, C++ Course, C++ Development, C++  
Books, C++ for Beginners) Photoshop: Learn Photoshop In A DAY! - The Ultimate Crash Course to  
Learning the Basics of Photoshop In No Time (Photoshop, Photoshop course, Photoshop books,  
Photoshop Development) Sleights of Mind: What the Neuroscience of Magic Reveals About Our  
Everyday Deceptions

[Dmca](#)