



## Anxiety and Depression: 42 Essays on Overcoming the Wild Moods (Paperback)

By Marty L Cooper

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It is possible to overcome, rather than simply manage, the Wild Moods of anxiety and depression. But that requires effort and what the Buddhists refer to as Right Thought : a clear understanding of the terrain, and then a willingness to practice are the ingredients for transforming these moods into a joyous and meaningful life. The 42 short essays in this book are organized into three sections: Inspiration, Context, and Experiments. But all are approaching anxiety and depression with an eye towards both the management, and eventually the overcoming of these painful moods. Often, it is thought that the best we can do with these moods is to survive them. But it is possible to, in time, to actually pull them up by the roots, and this book gives one explanation of that process of weeding.

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