



The Zen Path Through Depression (Plus)

Philip Martin

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A Compassionate and Spiritual Approach to Rediscovering Joy

Using easy-to-follow techniques and practical advice, Philip Martin shows you how to ease depression through the spiritual practice of Zen. His lessons, full of gentle guidance and sensitivity, are a product of his experiences in using Zen practices and wisdom to alleviate his own depression.

Each chapter focuses on a different aspect of depression and recommends a meditation or reflection. With these tools, coping with depression becomes a way to mend the spirit while enriching the soul.

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