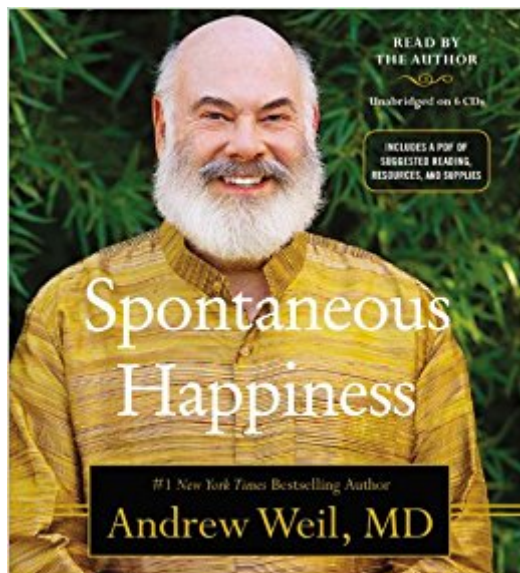


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# Spontaneous Happiness



## Synopsis

Everyone wants to be happy. But what does that really mean? Increasingly, scientific evidence shows us that true satisfaction and well-being come only from within. Dr. Andrew Weil has proven that the best way to maintain optimum physical health is to draw on both conventional and alternative medicine. Now, in *Spontaneous Happiness*, he gives us the foundation for attaining and sustaining optimum emotional health. Rooted in Dr. Weil's pioneering work in integrative medicine, the book suggests a reinterpretation of the notion of happiness, discusses the limitations of the biomedical model in treating depression, and elaborates on the inseparability of body and mind. Dr. Weil offers an array of scientifically proven strategies from Eastern and Western psychology to counteract low mood and enhance contentment, comfort, resilience, serenity, and emotional balance. Drawn from psychotherapy, mindfulness training, Buddhist psychology, nutritional science, and more, these strategies include body-oriented therapies to support emotional wellness, techniques for managing stress and anxiety and changing mental habits that keep us stuck in negative patterns, and advice on developing a spiritual dimension in our lives. Lastly, Dr. Weil presents an eight-week program that can be customized according to specific needs, with short- and long-term advice on nutrition, exercise, supplements, environment, lifestyle, and much more. Whether you are struggling with depression or simply want to feel happier, Dr. Weil's revolutionary approach will shift the paradigm of emotional health and help you achieve greater contentment in your life.

## Book Information

Audio CD

Publisher: Little, Brown & Company; Unabridged edition (November 8, 2011)

Language: English

ISBN-10: 1611139716

ISBN-13: 978-1611139716

Product Dimensions: 5.2 x 0.8 x 5.8 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.4 out of 5 stars 207 customer reviews

Best Sellers Rank: #1,656,402 in Books (See Top 100 in Books) #9 in [Books > Books on CD > Authors, A-Z > \( W \) > Weil, Dr. Andrew](#) #796 in [Books > Books on CD > Health, Mind & Body > General](#) #1627 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

"A comprehensive roadmap for the prized path to true happiness...Weil provides sensible, accessible advice...Immensely beneficial information for those seeking a self-galvanized life lift." (Kirkus Reviews ) "Weil's program aims for 'positive emotionality'-a far better destination than the roller-coaster ride between bliss and despair. This is more than a New Age prescription for contentment. Weil's revelations and insights from his own lifelong battle with depression lift this guide from a hip and clinical 'how to' to a generous and heartfelt 'here's how.'" (Publisher's Weekly ) "Like all of his books, Spontaneous Happiness is a refreshing combination of clarity, science and practical wisdom. But it's also warm and, indeed, personal: Dr. Weil includes not only anecdotes from people who've written to him over the years, but also his own experience in battling mild depression." (iVillage ) --This text refers to an out of print or unavailable edition of this title.

Andrew Weil, MD, is the founder and program director of the Arizona Center for Integrative Medicine. He is the author of many bestselling books, including Spontaneous Healing, 8 Weeks to Optimum Health, and others.

I loved this book and found it beneficial to me at a time when I was in the midst of my worst, and darkest period of Depression. I picked up this book on a daily basis and read various sections from it constantly. Thank You, Dr. Weil, for this Book. It helped me understand a lot and I learned a lot of information from you from reading this book. I highly recommend this book to anyone suffering from Depression.

I found this book quite enjoyable, although a little medically technical. I had to frequently look up the definition for words not in my common vocabulary, and read in short bursts. Dr. Weil seems to have a good grasp on the dramatic increase in depression in modern Americans. His recommendations to improve your baseline mood are relatively simple. He follows his discussion of the scientific research with an aggressive 8 week plan to implement all the solutions described in the book. All are simple (start taking this vitamin, practice deep breathing, etc.) although some are life altering and may be a challenge for many (cook more using real food, limit screen time, information exposure, spend time outside more). Like the saying goes, there's no escalator to success, you must take the stairs. I haven't yet started to implement his suggestions, but can see the potential for major stumbling blocks along the way. I bought the paper copy for my wife, and she bought the Kindle version for me. I haven't yet cracked the paper version, preferring to read on my Kindle Paperwhite. The one challenge I had with the Kindle format of this book is the plethora of hyperlinks

in the text. Because the Paperwhite doesn't have physical page turn buttons, you must tap the screen to change places. This often had the unintended consequence of sending me off to another section of the book, or a website. Luckily, the back button works. This is a shared flaw with the Kindle device and the text formatting. The hyperlinks are useful, although they could have been formatted better so they didn't span multiple lines of text. I'm not in the market for a new Kindle device, but this book does give the the reason to consider an Oasis or Voyage over the Paperwhite.

This is a fantastic book that I would highly recommend as required reading for anyone suffering with depression . It should be given out to anyone seeing a GP physician who wants to prescribe antidepressants . The physician should give this book to the patient first . Dr . Weil explains depression and the possible reasons for the condition , then he writes about all the options one can choose from to deal with solving the imbalance . Dr Weil has a great holistic approach for treating the mind , body and spirit . Antidepressants may be part of the approach to healing , but there are other alternatives . Do yourself a favor and read this book if you are suffering , or know somebody who is .

A bible of sorts! Dr. Weil provides a simple, no non-sense book about the normal ebbs and flows of life and how to manage them. He shares what the research shows and what works for him. He provides answers that may elude some practitioners who are used to "just" writing drug prescriptions. Definitely something people should explore with the help of their personal healthcare providers.

I've always loved everything Dr. Weil and this book doesn't disappoint. I first got the book at the library, and when I realized that I wanted to start highlighting things, I decided to buy my own copy. It's a sweet book full of common-sense advice and tips to make going through life a little easier. These two sentences from the Introduction sold me on the book, "...emotional well-being must come from within, because reaching external goals often disappoints." and "...the actual emotional reward of getting and having is usually much less than one imagined." So true. I have seen some of the advice in his other books, and through other sources, but it was good to be reminded of it again, such as taking time to do breathing exercises daily. I will keep this book available and refer to it occasionally when I need a reminder to stop and smell the roses.

I am sure some people will find this useful. I had to read this for a course and create a presentation.

I felt like the whole book was gimmicky and a waste of my time and effort.

The book had some great insights into why this country has so much depression, and how people seem to fear and avoid sadness of all kinds at all costs; a great insight specifically is that some sadness is a normal part of life and should be dealt with, not drowned by drugs to numb feelings. The author also offers suggestions of how to deal with stress and sadness, and ideas on how to help keep yourself happier and feeling better in general throughout life.

20 years ago I began having issues with anxiety and depression. If I had known then what I learned from this book, I would have been much better off. I recommend this book to anyone who is suffering from depression or anxiety. Dr. Weil goes over numerous options- supplements, yoga, meditation, breath work, journaling, etc. He also focuses on a proper diet, and regular (gentle) exercise like walking or swimming.

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