



Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power

By Kelly Lambert

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In this fascinating exploration of depression, neuroscientist Kelly Lambert highlights her groundbreaking research suggesting that important clues to the mysteries of this disease have been in our hands all along. She identifies a circuit in the human brain—connecting movement, feeling, and cognition—that is responsible for symptoms of depression, and shows that when we knit a sweater, prepare a meal, or simply repair a lamp, we're actually bathing our brain in “feel-good” chemicals. Highlighting inspiring accounts of change and growth, *Lifting Depression* offers a compassionate and commonsense way of preventing and treating one of the modern era's most debilitating diseases.

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Editorial Review

Review

"Library Journal"

"Drawing from fields as diverse as evolutionary psychology, child development, neurobiology, and psychopharmacology, the author creates a compelling case for her theory of the effort-driven rewards circuit in the brain as the central explanatory mechanism."

Katherine Ellison, author of "The Mommy Brain"

"Kelly Lambert's cutting-edge research on depression is innovative, original and deeply inspiring. I strongly recommend "Lifting Depression" for anyone suffering from mood and stress disorders and all who seek a better understanding of these troubling diseases."

Christopher R. Martell, Ph.D., ABPP, Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, and Department of Psychology, University of Washington; co-author, "Depression in Context," "Overcoming Depression One Step at a Time," and "The Myth of Depression as Disease"

"In this exciting and invigorating new book, Kelly Lambert presents a compelling proposition: that our highly technological society may in fact be increasing the rates of depression. Her suggestion for coping by increasing effort-based rewards is elegantly straightforward and consistent with emerging research in major clinical trials. "Lifting Depression" will help people suffering from the crippling impact of this disorder, and it is essential reading for all who want a full understanding of the biological and social aspects of depression beyond the popular sound bites about chemical imbalances and pills."

"Midwest Book Review"

"Wide-ranging and important, recommended for both health libraries and general-interest lending collections alike..."Lifting Depression" is a solid move to individual freedom."

Frank Forencich, author of "Exuberant Animal: The Power of Health, Play and Joyful Movement""

"Kelly Lambert offers us a comprehensive and compelling view of health that is holistic, practical and visionary. Her work on the efforts-based rewards system not only explains much of our modern discontent, it also offers a path to vitality and exuberance. This book will not only change our views on depression, it will transform our understanding of our bodies and our predicament in the modern world."

About the Author

Kelly Lambert is chair of psychology at Randolph-Macon College. Her writing has appeared in *Nature*, *Scientific American*, *Behavioral Neuroscience*, and more. Her research has been featured on *ABC World News Tonight* and in *Scientific American Mind*. She is president-elect of the International Behavioral Neuroscience Society. She lives in Mechanicsville, Virginia.

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This Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power

are generally reliable for you who want to be a successful person, why. The explanation of this Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power can be one of the great books you must have is giving you more than just simple reading through food but feed a person with information that might be will shock your previous knowledge. This book is handy, you can bring it everywhere and whenever your conditions throughout the e-book and printed versions. Beside that this Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power forcing you to have an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we realize it useful in your day task. So , let's have it appreciate reading.

Kelli Valverde:

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Charles Aranda:

In this time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The particular book that recommended to your account is Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power this guide consist a lot of the information with the condition of this world now. This specific book was represented how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book suited all of you.

Odelia Dennis:

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