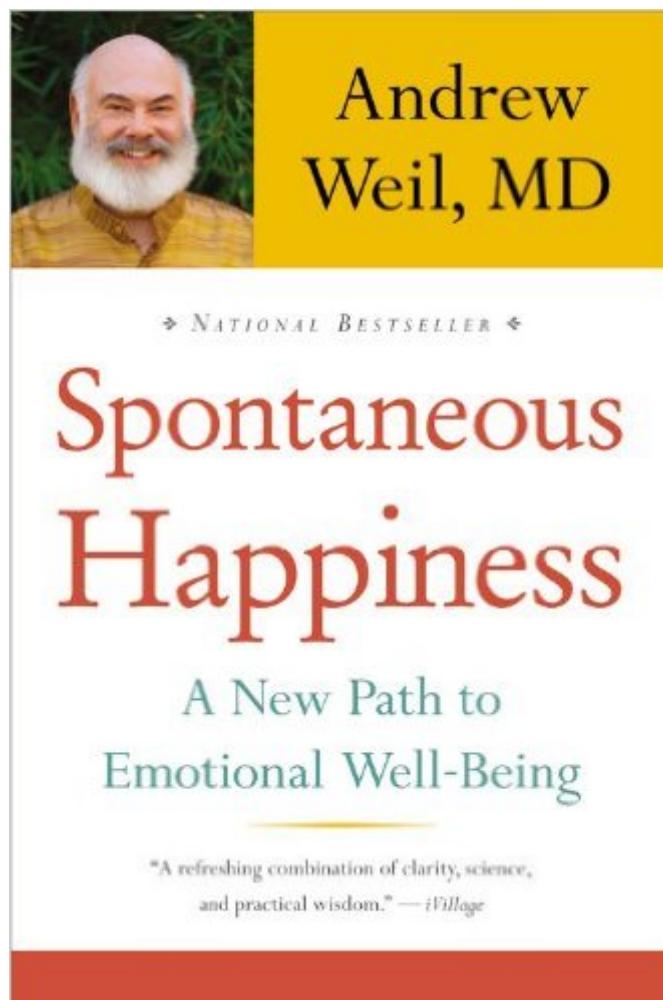


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Spontaneous Happiness: A New Path To Emotional Well-Being



Synopsis

A paradigm-shifting guide to peak emotional wellness. In SPONTANEOUS HAPPINESS, Dr. Andrew Weil redefines the notion of happiness and demonstrates the limitations of the biomedical model of mental health. He presents a vast, scientifically proven array of integrative treatment strategies for low mood and depression, drawing on techniques from Ayurveda, Buddhism, acupuncture, psychotherapy, mindfulness training, and much more. Dr. Weil offers advice on lifestyle, behavior, and dietary changes, and helps readers assess their own emotional well-being and build personalized step-by-step plans to manage their moods. Whether suffering from mild to moderate depression, or simply seeking greater contentment, readers can use Dr. Weil's science-based integrative approach to achieve their goals.

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Customer Reviews

I am a Psychologist and Pharmacognosist (ethnobotanist), in large part because of being inspired by Dr.W's first books, "The Natural Mind" and his book about the miracle like qualities of mushrooms, and his classic book "From Chocolate to Morphine". His ability to speak to the reader in a conversational way while explaining complex subjects backed by a broad and firm base of scientific research is unique among scientists. He makes the reader comfortable with the concepts, the science, and the practical approach to overcoming depression and anxiety without talking down to the reader. Dr.W. is entertaining and has the nack of making you feel like you are listening to an old friend. Having heard him give a talk in the mid 1970's and reading everything he wrote, I know how truly exceptional he is as a scientist and physician, but he is remarkable in his ability to bring

together the biology, psychology, and spiritual nature without resorting to quick fixes and aphorisms based on pseudo-science and secret knowledge. Dr.W' has done the work and spent a lifetime researching the mind-body-spirit relationship and how it applies to health and healing of people around the world. The reader who has followed his work from the beginning will find a continuity in this new book and will be familiar with many of the concepts from his earlier books. I always find his newest book to be based on his earlier work but still able to fascinate and inform me on his newest topic. This book did not disappoint, it goes on my shelf as my latest text book and further it is a book I will recommend to all of my colleagues and patients who are struggling with life. I plan to send several of my friends who fight depression and anxiety this book for Christmas.

I always enjoy Dr. Weil. I've heard him speak and have had some contact with the Integrative Program that seems to be his legacy. All of this is real, compassionate and makes sense. I also am a Registered Nurse and have been working in the Mental Health field for twenty years.I found his chapter on the prevalence (and causes of) depression within our society interesting. I especially resonate with his descriptions of the lack of connection to good old fashioned "hard work" and being outside. Bravo! His discussion of alternatives is good. Especially his advocacy of the use of Fish Oil, Vitamin D and the B vitamins. Common sense!There are a few things that bother me about Dr. Weil. I write these things as a fan of the man. A person who respects him and the work he does.1. I'm not too enamored with the cult of personality surrounding the guy. Yes, I know that branding helps sell books. But does he really have to display his cherubic, monster bearded face on every book he writes? And must he really have a corporation attached to his name and his ideology?2. Footnotes please! Yes, he states you can go on-line to get more information. And there is a short end note section. The bibliography is quite deficient for further reading. The book is written for a lay laudience, but that doesn't mean that we can't have a bit more intellectual rigor attached to his claims.3. Culturally, this book comes from the White, Enviro, Suburban, BMW driving class. The book is written from, and for, the upper ends of the socio-economic ladder. Poverty is the number one predictor and cause of mental illness. There is no discussion of that in this book, with the exception to maybe glorify the hard life we used to have when we all farmed.4.

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