

ZEN PATH THROUGH DEPRESSION



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About The Zen Path Through

I am a social worker and writer. I m the author of The Zen Path Through Depression. I ve been a Zen student for 35 years. I work in a local social service agency as a case manager with adults and kids with mental illness, and I also teach mindfulness and writing classes for adults with mental health problems.

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The Zen Path Through Depression by Philip Martin

In the middle of the path through life, I suddenly found myself in a dark wood. Dante, Divine Comedy When, I was seventeen, I went on a canoe trip with two friends in the wilderness of northern Ontario.

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A beautifully simple and practical guide to how Buddhist wisdom can help heal depression by a counsellor who uses Zen practices and ideas to overcome his own chronic depression.

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Depression a Buddhist view

"The Zen Path Through Depression" by Philip Martin "Working With Anger" by Thubten Chodron. LINKS.

Buddhist See Lama Zopa Rinpoche's advice to people suffering from depression. For meditation examples see the Meditation List and Tonglen Meditation A recommended book or

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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.

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