



## The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine

By Jonathan G. Zuess

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In **The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine**, holistic physician Dr. Jonathan Zuess explains how the activation of symptoms such as insomnia, preoccupation with one's problems, soul-searching, and the desire to be alone are natural reactions to our harried lives. The initial stage of depression is designed to enhance our ability to focus inward and find solutions to difficult emotional challenges; in many ways our bodies and minds are forcing us to create a contemplative environment much like the vision quest of native cultures or the monastic quiet of a Western retreat.

However, if this process goes on for too long, we can become "stuck," mired in an unproductive, even painful cycle. The gentle, alternative therapies in this informative and practical book help restart the healing work of depression, instead of simply cutting it short. As an example, the herb St. John's wort enhances the dreaming cycle--an intensive problem-solving mode of consciousness--unlike prescription antidepressants. Other therapies covered include nutritional supplements, light therapy, music and play, meditation, and prayer. Dr. Zuess also discusses environmental toxins and drug side effects that mimic the symptoms of depression, as well as how to find a psychiatrist if the depression deepens to a clinical state and antidepressants become necessary. **The Wisdom of Depression** is the essential guide to the full array of treatments for depression.

As a society, we have long misunderstood the process of depression. Depression is not just a chemical imbalance in the brain. It can be our bodies' response to the need to address imbalance in our whole lives and is in many ways about transformation. In fact, when viewed and treated within a holistic framework, the process of depression can become a powerful and potentially creative healing path.

*From the Hardcover edition.*

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### Editorial Review

#### Amazon.com Review

"Depression is a quest for vision; its essence is transformation," begins *Wisdom of Depression*, a book with a unique slant. According to psychiatrist Jonathan Zuess, "depression can be a natural and healthy response ... designed to enhance your abilities to overcome difficult emotional challenges." Half of this book describes natural therapies for mild cases, allowing the person's internal healing processes, creative life energy, and spiritual journey to flourish. Understanding the importance of dreams is essential, says Zuess: dreams may be our version of vision quests. Depressed people dream almost twice as much as other people, and enter the dream state unusually rapidly. Two other keys are learning to see with "the eyes of the soul" and expressing creativity.

Temporary depression, says Zuess, "can help us to dive deep into ourselves, to restructure our inner being, and come to a new way of understanding and living in the world." According to Zuess, depression only becomes an illness when it goes seriously wrong and doesn't resolve itself naturally, developing into major depressive disorder. In this case, he advocates a medical diagnosis, talk therapy, nutritional supplements, exposure to early morning light, and either conventional antidepressant drugs or herbal alternatives--all of which he discusses in detail. --*Joan Price*

#### From Publishers Weekly

To a topic about which so much has already been written, psychiatrist Zuess (*The Natural Prozac Program*) brings an astonishingly fresh view. His holistic approach recognizes depression as "a natural and healthy response" to "difficult emotional challenges," a "built-in healing mechanism." Unless this healing process is subverted in some way, its outcome, Zuess says, is "inner transformation," as sufferers "emerge from it stronger, healthier, and more in touch with their wise inner self." But Zuess admits that subversion is possible, and that the depressed response sometimes evolves into illness ("major depressive disorder") rather than being resolved. Only then does he advocate the powerful drugs (Prozac, Zoloft, etc.) most conventional psychiatrists offer as a first and often singular treatment. Instead, Zuess proposes use of the natural herb St. John's Wort. For all forms of mild to severe depression, he also suggests a program that includes a physical examination, exercise, sunlight, herbs, vitamins, nutrition, psychotherapy, play, dream analysis, and meditation and relaxation techniques. He also teaches an excellent step-by-step method for creative problem-solving. Offering a knowledgeable examination of the myriad treatments for the epidemic affliction of depression, Zuess's noteworthy book also delivers a brisk introduction to the holistic view of medicine in general.

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#### From Library Journal

Zuess, a practicing psychiatrist and author of *The Natural Prozac Program: How To Use St. John's Wort, the Antidepressant Herb* (Three Rivers, 1997), advocates a holistic approach to the treatment of depression, urging readers to choose the best of conventional and complementary therapies. Zuess differentiates between the common depressed response and the longer lasting major depressive disorder. Symptoms of a depressed response such as insomnia, restlessness, fatigue, and introspection are natural reactions to deep emotional and spiritual issues. Dream analysis, spiritual practices such as prayer and meditation, and creative expression in music, art, and writing can aid the process of resolution and transformation. When the depressive response turns into illness, Zuess recommends medical and psychological intervention. He gives guidance on choosing a therapist, discusses the use of antidepressant drugs and other therapies, and describes

St. John's Wort as a natural antidepressant. Recommended for consumer health collections. Lucille M. Boone, San Jose P.L.,  
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#### **Eunice Bourque:**

In this 21st centuries, people become competitive in each way. By being competitive now, people have do something to make all of them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. That's why, by reading a e-book your ability to survive raise then having chance to remain than other is high. To suit your needs who want to start reading a book, we give you this kind of The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine book as starter and daily reading guide. Why, because this book is greater than just a book.

#### **Judith Roemer:**

Now a day folks who Living in the era just where everything reachable by connect with the internet and the resources inside can be true or not call for people to be aware of each details they get. How many people to be smart in getting any information nowadays? Of course the reply is reading a book. Reading a book can help men and women out of this uncertainty Information particularly this The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it as you know.

#### **John Jonas:**

The actual book The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine has a lot associated with on it. So when you read this book you can get a lot of help. The book was written by the very famous author. The author makes some research just before write this book. This specific book very easy to read you will get the point easily after reading this book.

#### **Mindy Hicks:**

In this era which is the greater man or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to have a look at some books. Among the books in the top list in your reading list will be The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine. This book and that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this book you can get many advantages.

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