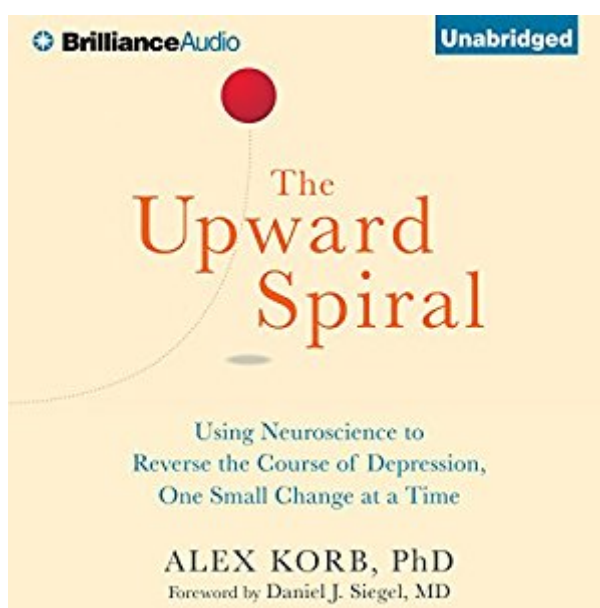


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# The Upward Spiral: Using Neuroscience To Reverse The Course Of Depression, One Small Change At A Time



## Synopsis

Depression can feel like a downward spiral, pulling you down into a vortex of sadness, fatigue, and apathy. Based in the latest research in neuroscience, this audiobook offers dozens of little things you can do every day to rewire your brain and create an upward spiral toward a happier, healthier life. Depression doesn't happen all at once. It starts gradually and builds momentum over time. If you go through a difficult experience, you may stop taking care of yourself. You may stop exercising and eating healthy, which will end up making you feel even worse as time goes on. You are caught in a downward spiral, but you may feel too tired, too overwhelmed, and too scared to try to pull yourself back up. The good news is that just one small step can be a step in the right direction. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the neurological processes in the brain that cause depression and offers effective ways to get better--one little step at a time. In the book, you'll discover that there isn't "one big solution" that will solve your depression. Instead, there are dozens of small, practical things you can do to alleviate your symptoms and start healing. Some are as simple as relaxing certain muscles to reduce feelings of anxiety while others involve making small efforts toward more positive social interactions. Small steps in the right direction can have profound effects--giving you the power literally to "reshape" your brain. Like most people, you probably didn't wake up one day and find yourself completely depressed. Instead, it probably happened over time, as a series of reactions to difficult situations and negative thinking. But if you are ready to reverse the trajectory of your depression and find lasting happiness, this audiobook will show you how.

## Book Information

Audible Audio Edition

Listening Length: 5 hours 34 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: March 1, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00T3JFM9S

Best Sellers Rank: #1 in Books > Health, Fitness & Dieting > Mental Health > Depression #2 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #3 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

## Customer Reviews

I don't want to make any unscientific claims here, but I've found that a lot of the people I know who are depressed are also pretty smart. Which means that self-help books by celebrity rehab graduates and costumed spiritual gurus aren't going to be of any help. Another unscientific conjecture: in my experience, depressives tend to have finely tuned aesthetic sensibilities, which means reading clunky technical literature is a daunting challenge, particularly through the fog of one's symptoms. The Upward Spiral stands out from the pack for three significant reasons: 1. It's based in evidence. This book isn't made up of snake oil panaceas, or Hallmark platitudes, or overblown pep-talk rhetoric. It's built on a foundation of clinical trials and observations of the brain, as up-to-date with contemporary neuroscience as possible. 2. It reads well. The problem with writing based on scientific evidence often ends up being that the prose is dry and boring, or patronizingly dumbed-down, or frustratingly abstract. Korb is no Adam Phillips, but he writes about the structure and function of the brain more clearly than anyone else I've read in the past, frequently deploying effective analogies to familiar objects and ideas. 3. It includes advice. Another problem with some science-based texts is that knowing what synapses fire at what time doesn't really help you figure out what to do outside your skull. Korb gives a suggestion on practically every page. This book isn't going to cure you. It addresses a specific aspect of depression: the way symptoms reinforce themselves and inspire new ones, resulting in the downward spiral that drags you down to your deepest depths. The optimistic implication of the title is that just like a small trigger can drag you down, an effective intervention can start enough momentum to carry you up. I'm of the belief that if you're depressed, you probably have to figure out how and why it started, and determine what specific patterns of thought originated as a result. That means seeing a therapist or analyst, possibly for a long time. But in the meantime, you have to get yourself out of bed every day, and this book gives you some idea how. To my knowledge, it's the best of its kind.

I've never written a review on before. It never really mattered to me. This book compelled me to pop my cherry. Ever since my father passed away 5 years ago via an unexpected heart attack, I've been duking it out with severe depression and anxiety. I was on a downward spiral before then, but I went much deeper into the abyss. Up until I read this book this past Friday, I suffered at least one panic attack a day. Chances are if you're here, you know what I'm talking about, for the uninitiated, it literally feels like you're drowning under a tidal wave. I wouldn't recommend it..but I do recommend The Upward Spiral by Alex Korb because since that day I haven't suffered one. Don't get me wrong, the waves are still there, but more calm, less electric. There is no miracle cure, but

with this book I know I'm on my way, and that is not an ordinary utterance from me. I don't want it to sound like I drank the koolaid, or ate some sort of special pudding, this book requires no leap of faith, it requires experimentation and pragmatism. Please, if any of this makes sense to you, check it out. No one deserves to feel that way (with very few exceptions), and take it from me, a downward spiral is just an upward spiral waiting to happen. Lots of love.

This is the best no-nonsense, no BS book on depression I've ever read. Alex explains everything in a science-based but easily understandable way that anyone can understand without having to be a neuroscientist. I also appreciate that he emphasized neither the "victim of biology/circumstance" nor the Pollyanna "just think positive thoughts" approach to depression. A depressed brain is just a brain with certain patterns that can be changed. Alex provides a firm scientific foundation for how a person can begin the process of changing the depressed patterns of their brain. The book empowers the individual to take control of their mind and brain. I'm a brain blogger and got many good blogs out of this book. Thank you, Alex!

There is nothing not to like about this book... whilst a lot of the foundation I already have experienced or read elsewhere, it is the scientific research and the author's personal experience that make the book such an easy and enjoyable read. This is a book for life, one I would recommend, but not pass on as I want to keep a copy! The author has lots of personality and humour and this shines through too, yet he still shows empathy and clear understanding of the sensitive subject he 'speaks' about... it really does seem as though he is speaking to the reader as opposed to writing... and again, this is another reason why this book is wonderful, as it is not intimidating.

Favorite book 2nd only to On The Road (which the author quotes). Pretty unusual for a non fiction book to have such an effect on me as I read a good number of them. Particularly, while I have read a decent amount of psychology over the years no one has put all of the pieces together in such a concise, cogent and modern form. This book helped me overcome a bout of depression I was dealing with 8 months ago. I recommend it to everyone though because it's so informative. The author writes in a positive uplifting tone. The layout of the chapters is excellent and helps the reader compartmentalize the knowledge.

Read ALOT of happiness books that said the same old droll cliches. This book is different. It is very

NERDY so be warned. It explains the mechanics of your brain and how that creates your moods. But I find it a great read and a great asset. I will read this again and again. This is one happiness book that actually works. If you are down in the dumps due to the roller coaster of life then don't waste your time or money on other books to help, get this one. Again I warn you that this is scientific and NERDY so if you are not inclined to that you may not enjoy this read. But if you can handle the science of how your brain works this explains how to reprogram your brain just like the computer it really is.

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