

MEDIA REVIEWS

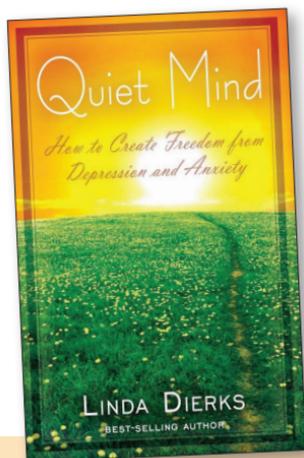
QUIET MIND: HOW TO CREATE FREEDOM FROM DEPRESSION AND ANXIETY

Linda Dierks | *Spin Straw to Gold* | \$9.95

"Help!" What else do you say in the face of a double whammy like bipolar II and breast cancer? "Nothing will make you doubt yourself more than a brain you can't trust," Linda Dierks says. "I had lost my job, my identity, my sanity, all my money and my right breast."

With the humor that comes from suffering in the trenches, Dierks delivers sound advice and a roadmap to health. There can be no mental illness in the presence of a quiet mind, she says, so it's worth first place in anyone's list of priorities. Skills build momentum, too, making practice an investment in feeling better and better.

"Your natural vibrancy can shine, and your footing can be unshakable," she reassures. The Quiet Mind program builds on two fundamental skills: quieting the mind and managing your inner dialogue. Feeling like a victim? Mindfulness helps us see our own participation in outcomes. "Every decision you make, every thought you think, every word you speak, every attitude you express, are either hurting or helping you," she says. Soften your emotions and reactions, and you automatically calm the brain.



Create a sustainable way to overcome adversity and enjoy life with this thoughtful program, developed out of necessity after coping with trauma.

For those who feel trapped in a maze of weight gain, brain fog, digestive ills, tremors and insurance bills, mindfulness-based interventions offer a cornucopia of benefits and few, if any, side effects. Dierks' prescription? Practice quieting the mind and talking back to negative internal dialogue. (She shows you how.) Get physical exercise, out of the house. Avoid nicotine, alcohol and caffeine. Visualize happiness, since "an ounce of visualization is worth a pound of effort." Find a counselor to get you out of stinkin' thinkin' and find kindred friends. Limit electronics and social media. Open your mind to natural cures. Above all, nurture a connection with something greater than yourself and take heart: You are not alone. ❀

— TAMI MEISE