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mindfulness and self-compassion and the book offers specific techniques for putting them into action.

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that nurtures self-worth and resiliency. A Self-Compassion Approach While mindfulness is the foundation for Uncovering Happiness, mindfulness on its own is often not enough.

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Elisha is the author of a new book titled, Uncovering Happiness: Overcoming Depression with Mindfulness and Self Compassion, where he chunks it all down to seven simple steps that you can use to Uncover Happiness in your life using cutting-edge mindfulness and self-compassion techniques, along with innovations in

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mood disorders by drawing on inner resources that are available to each and every one of us.” – Zindel Segal, Ph.D., author *The Mindful Way Workbook* and Distinguished Professor of Mood Disorders, University of Toronto Scarborough

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every one of us.”

(Zindel Segal, Ph.D.,

author The Mindful  
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Distinguished Professor  
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—Zindel Segal, Ph.D.,  
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Uncovering Happiness is a book about a more compassionate approach to dealing with the ever-expanding number of psychological ailments that pervade the modern world.

Depression and anxiety are at an all-time high, and many doctors try to solve these psychological ailments with prescriptions alone, which can



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sometimes act as nothing more than short-term solutions for long-term problems.

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