



Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power

Kelly Lambert

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In this fascinating exploration of depression, neuroscientist Kelly Lambert highlights her groundbreaking research suggesting that important clues to the mysteries of this disease have been in our hands all along. She identifies a circuit in the human brain—connecting movement, feeling, and cognition—that is responsible for symptoms of depression, and shows that when we knit a sweater, prepare a meal, or simply repair a lamp, we're actually bathing our brain in “feel-good” chemicals. Highlighting inspiring accounts of change and growth, *Lifting Depression* offers a compassionate and commonsense way of preventing and treating one of the modern era's most debilitating diseases.

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