



***Transforming Depression* Group Reading Guide**

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Transforming Depression: The HeartMath Solution for Feeling Overwhelmed, Sad, and Stressed

Authors: Doc Childre and Deborah Rozman

Chapter 8: Lifting Longer-Term Depression

1. What things often trigger longer-term depression? (p. 103)
2. Define depression.
3. What is “compression” and what does it do? (p. 104)
4. Why do drugs not cure depression? (p. 106)
5. What is “Area 25” and why is it significant in depression? (pp. 106-107)
6. How can we reverse the “tripped switch” of “Area 25”? (p. 108)
7. What is a “funk” and what causes it? (p. 109) What are the causes of my “funks”?
8. What are some things I can do to release “the funk”? (pp. 110-111)
9. What are some of the things I use to fuel pity for myself?
10. What are “old cellular feelings” and how can they be altered?