

Mindweather 101 Reviews and Testimonials



Professional Reviews:

"As a Primary Care physician, many of my patients are dealing with emotional pain which affects both their mental and physical health.

Mindweather 101 has taught me new perspectives I can share with my patients to help them make sense of their experiences, cope with overwhelming feelings, and find relief. I plan on continuing to refer motivated patients to alloflife.org to learn more about their emotional health on their own timetable and in the convenience of their own home." - Dr. Angel Kirkham

"I have been extremely impressed by Mindweather 101's well rounded educational focus as it relates to mental health. The inclusion of folks who have experienced serious mental health challenges as well as other well researched information, addresses the topic holistically and in a way that eliminates reductionism and promotes a more positive, constructive, and humanistic view of this very human experience." - Cathy Penney, R.N.

"Mindweather 101 compassionately explains how the mind works; how to deal with difficult thoughts and feelings; how to accept them non-judgmentally, no matter how bad we think they are; and how to let go of them; how the brain is plastic, how negative thoughts have made neural pathways in the brain through frequent repetition, but how exercising the mind in new thoughts produces new neural pathways, which change our experience in life." - M. Catherine Thomas, Ph.D.

"I'm in nursing school at Vanderbilt...A few months ago, I changed my specialty to Psychiatric-Mental Health Nurse Practitioner. No kidding, my epiphany that the mental health field was still where I belonged occurred while I was watching a Mindweather101 video. I realized, "this is the change that needs to be made in the world, and I can help make it happen." - Nursing student

"As I watched Mindweather, it renewed a hope in me not only that I personally could recover from my anxiety and PTSD, but that I could help others do that as a mental health professional. You, your colleagues, and the other clinicians and researchers on the series were the role models that I needed to see-open-minded caring professionals founded in evidence and compassion. All of Life does not reproduce the "us vs. them" dichotomy that I see so often with other healthcare providers, and I really appreciate that. I am now about to start my last year in grad school and am looking forward to leading my PMHNP career with an unconventional, hopeful, and human approach to recovery." - Nurse practitioner student

"I've been loving the alloflife.org content and have been sharing it--two of my therapist friends have already been excited to refer it."

Student reviews:

"My own problems with depression, despair, etc have compounded over the last year...watching the lessons was reassuring because it actually made me feel less crazy!"

"The Mindweather course inspired much hope and progress in my own recovery."

"Mindweather 101 gave me valuable direction and insight I needed to move forward. I gained great knowledge and comfort from many of the experiences and counsel shared. I know I will be coming back to it again and again for further help and to remember all of the great information I learned. I would recommend this to anyone."

"Mindweather came into my life at a time when I needed it - just when I was starting to feel hopelessness again. It reminded me of things I'd learned before and look into what grounds me - and re-pursue some things I had let go and things that had made me happy."

"I love the idea that we are hurting because we are feeling the pain of what is wrong and that FULL recovery is the goal! I look forward to being a part of this paradigm shift...spreading the word."

"Nice intro on neuroplasticity. It is huge that people know that no matter how old they are, the brain can still develop...it provides hope forever".

"I knew about neuroplasticity because I have been in the field learning over the last 15 years. What I didn't understand was the tremendous negative impact that not knowing this has had on our community. This hurts...a lot... I had no idea that so many people thought their brains were permanently ruined. This makes me so sad. Sad for the lack of hope [contributing to a] process of living to give up rather than living to get better."

"I loved the information on neuroplasticity...and the amount of time emphasizing the importance of believing the brain is capable of change."

"I love this class... Just watching the first video, I seriously got goose bumps. Like, full on goose bumps."

"The class felt approachable and easy to understand... I felt welcome."

"I like the casual feel and the humor...you are doing a great job keeping it human."

"I have liked the conversational style of the lessons that is supported by interviews with scholars/practitioners."

"The class is really down to earth and straightforward. It talks to me at my level and not in a 'professor to student' way, and I really appreciate that. I can really relate with what the 'professors' are talking to me about."

"One thing I really liked is the course took a very gentle approach...I also like that the class caters to lots of kinds of situations. It opens up open-ended questions to ask yourself - deeper reflection to find what's best for you."

"I like the graphics and presentation - the pictures, quotes, the music."

"I love that it's a video class. I've tried some online classes before, but they were almost completely reading. My eyes got tired and my mind wandered. Watching a video is much more interactive and interesting...I learn a lot better hearing someone talk to me than I do reading someone's essay online."

"I liked the open way of looking at things.... I felt hopeful after doing the lessons. I like the message of hope that things can get better - and how upbeat the lessons are about the problem & solutions."

"The class acknowledges that these problems can be complex, and doesn't send out the message to 'just do this, and you'll be better.'"

"The class was realistic and didn't paint too rosy or too negative of a picture."

"Mindweather 101 is a class ...allowing those who have experience in some form or relation with depression - likely all people - to explore, in a compassionate way, the possibility for change and growth simply by allowing things to be as they are, or to access presence in one's own life. It is an opportunity to transcend flawed or outdated ideas, and instead, make room for hope. I feel that all people could benefit from participation in this class. It is compatible with Eckart Tolle's mindfulness teachings in *The Power of Now*. It is a thoughtful and beautifully written curriculum that can be beneficial to all. I, for one, loved it."

"Great website!! I love the videos and the approach you have taken....Keep up the good work! I'll be emailing my friends."

"Mindweather talks a lot about relationships and connectedness - I liked how it points to regular people helping those with emotional or mental issues rather than the idea that it is always best to hand it over to therapists.. The cultures who placed loved ones in a safe place and cared for them as they worked through the problem. Who does that anymore? No one has time....Again, I love how it tries to bring people together [and] helps me be more understanding."

"I am so glad I found out about this website from a couple of co-workers at school. My daughter is suffering from an eating disorder and attempted suicide a few weeks ago. I have shared this site with her and hope that she will go through this course as she also continues going to counseling. As her family members, we also can go through this course so we can all get a better understanding of what is happening and how to deal with these issues. Thanks so much for providing this course."

"Thank you so much for these lessons. I am learning so much and receiving guidance to help my daughter who is struggling with depression and an eating disorder. I am traveling to see her next week, and I am really anxious to watch the next lesson to give me insight of what I can and should be doing to help her. I have also shared this website with her so I hope we will be able to go through these together and/or talk about them."

"Thanks so much for posting this information. I am a newly called Relief Society president with some sisters in the ward with mental health issues we are all a bit afraid of. Watching just part of the online class, has helped calm my fears about facing these issues with love, compassion, and charity."

"My son returned home early over five years ago, with severe anxiety problems. This would have been such a valuable resource at that time. I continue to stay on this site because sometimes I can help a mom of a new RM. Sometimes I still get helps for my son and family--we still have some challenges. This info you sent has been one of those times when I know there are good reasons for me to stay with this site. Thanks again."

"On a personal note, the Mindweather course also inspired much hope and progress in my own recovery, and I have healed tremendously (with a lot of hard work). I'm still a work in progress, of course, but I don't think I would have been able to get here if I hadn't started this course. In my mind, it was the simple transition from knowledge of neuroplasticity to understanding it that renewed my hope. For both the personal and professional transformations in the past year, I genuinely have All of Life to thank because it showed me that recovery is possible for me and for others. Please feel free to share this with your colleagues; you all deserve to know how much of an impact you are making!"