

Get Free The Mindful Way
Through Depression: Freeing
Yourself From Chronic
Unhappiness

***The Mindful Way
Through
Depression:
Freeing Yourself
From Chronic***

Get Free The Mindful Way Through Depression: Freeing **Unhappiness**

Think you have no time for mindfulness? Think again.

"Thoughtful and provocative.... The relevance of this work is unquestionable, as it leaves us inspired and optimistic that true

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healing really is possible" (Sharon Salzberg). For four decades, Jon Kabat-Zinn has been teaching the tangible benefits of meditation in the mainstream. Today millions of people have taken up a formal mindfulness meditation practice as part of their everyday lives. But how

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do you actually go about meditating? What does a formal meditation practice look like? And how can we overcome some of the common obstacles to incorporating meditation into daily life in an age of perpetual self-distraction? Falling Awake directly answers

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these urgent and timely questions. Originally published in 2005 as part of a larger book titled Coming to Our Senses, it has been updated with a new foreword by the author and is even more relevant today. Science shows that the tangible benefits of a mindfulness

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meditation practice are impossible to ignore. Kabat-Zinn explains how to incorporate them into our hectic, modern lives. Read on for a master class from one of the pioneers of the worldwide mindfulness movement.

From the duo behind the massively

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successful and award-winning podcast Stuff You Should Know comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast Stuff You Should Know back in 2008 because they were curious—curious about the world

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around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making Stuff You Should

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Know one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys"

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and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they've long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole

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tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about

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the world around you, and wished to see the magic in everyday things? Come get curious with Stuff You Should Know. With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers).

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Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into

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living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, The Mindfulness and Acceptance Workbook for Anxiety offers a new approach to your anxiety, fears, and your life. Within

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its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want

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to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine

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happiness and peace of mind.
You'll learn how your mind can trap
you, keeping you stuck and
struggling in anxiety and fear.
You'll also discover ways to
nurture your capacity for
acceptance, mindfulness, kindness,
and compassion, and use these

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qualities to weaken the power of anxiety and fear so that you can gain the space do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to “turn off” anxious thoughts and feelings like a light switch. But you can learn to

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break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more

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fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P.,

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Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy, 47*, 431-572.)

The key to becoming fully alive and

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joyful is to develop our natural capacity for attention and to be fully present here and now. In this informative guidebook to practical Buddhism you discover: How to live life with equanimity, loving-kindness, compassion, and joy How to cut through obsessions with the

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external world, relationships,
harmful emotions, pleasure and
power, and self Tried-and-true
methods for cultivating active
attention with your body and mind.
Mindfulness Meditation In Everyday
Life
Mindfulness

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Unhappiness
The Mindful Way through Anxiety
Workbook

The Mindful Way Through
Depression
An 8-Week Program to Free
Yourself from Depression and
Emotional Distress

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The Upward Spiral

Unhappiness
Meditation Is Not What You Think

Unlike other mindfulness
resources for moms and
moms-to-be, this
compassionate book is
grounded in mindfulness-

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based cognitive therapy, a proven program. The authors are leading experts on the emotional challenges of pregnancy and early parenting--and how to overcome them.

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Guided meditations and gentle yoga practices help you build crucial skills to prevent depression, ease anxiety, and minimize stress during this unique and important phase of

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your life. Clear suggestions for how to follow the program day by day are accompanied by moving reflections from a "circle of mothers" working through the same

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steps. In a convenient large-size format, the book features journaling exercises and other practical tools (you can download and print additional copies as

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needed). The companion website also includes audio downloads narrated by renowned meditation teacher Sharon Salzberg, plus video clips of prenatal yoga practices.

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Shyness is a common problem that comes with a high price. If you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting

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with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more

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likely that you'll avoid social situations. With The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, the authors' acceptance and commitment

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therapy (ACT) program for
overcoming shyness has
become available to the
public for the first time.
This program has been
found to be highly
effective in research

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studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy

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bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the

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feelings, thoughts, and
behavior that may arise as
you learn to work past
your anxiety. By keeping
your values front and
center, you will gradually
learn to move beyond your

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fears and toward greater
social confidence. This
book has been awarded The
Association for Behavioral
and Cognitive Therapies
Self-Help Seal of Merit –
an award bestowed on

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outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming

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mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Do you find yourself
ruminating about things
you can't control?
Worrying about those yet-
to-complete goals and
projects? What about just
feeling like you're not

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the person you want to be?
People who worry and
ruminate find it difficult
to stop anxiously
anticipating future events
and regretting or
rethinking past actions.

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Left unchecked, this tendency can lead to mental health problems such as depression and generalized anxiety disorder. The Mindful Path Through Worry and

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Rumination offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological techniques to help you stop overthinking what you

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can't control-the future
and the past-and learn how
to find contentment in the
present moment.

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The Mindfulness Solution
How to Practice
Mindfulness in Everyday
Life
The Cognitive Behavioral
Workbook for Depression

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Using Neuroscience to
Reverse the Course of
Depression, One Small
Change at a Time
Letting Go of Anxious and
Depressive Thoughts
The Breakthrough Approach

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Unhappiness
to Dealing with Stress,
Anxiety and Depression
A Self-Guided Program to
Stop Feeling Like Sh*t
The Mindful Path to Self-
Compassion
There are hundreds of

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books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals

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that something in your
life needs to change.

Learning to understand and
interpret these signals is
much more important than
ignoring or avoi...

This wise, eloquent, and

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practical book illuminates
the nature of self-
compassion and offers easy-
to-follow, scientifically
grounded steps for
incorporating it into
daily life. Vivid examples

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and innovative exercises
make this an ideal
resource for readers new
to mindfulness.

Do you ever feel like you
want more from your
life--but get scared or

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overwhelmed by the idea of making changes? For many, worry, fear, or negativity are stumbling blocks that can be extraordinarily difficult to overcome. This effective workbook

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provides a blueprint to help you move through painful emotions without being ruled by them. Vivid stories of others who have struggled with anxiety are accompanied by meditation

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and acceptance practices
and step-by-step exercises
that build self-knowledge
and self-compassion (you
can download and print
additional copies of the
worksheets as needed) .

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Armed with a deeper understanding of what you really value, you can break free of the common traps that leave people feeling stuck--and dare to live the life you really

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want. Audio downloads of
the mindfulness practices,
narrated by the authors,
are provided at www.guilford.com/orsillo2-materials.
See also the authors'
Mindful Way through

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Through Depression: Freeing
Yourself From Chronic
Anxiety, which explains
Unhappiness

mindfulness techniques in
greater detail. Worry
Less, Live More can be
used on its own or as the
perfect way to expand on
and enhance the lessons of

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the first book using a
step-by-step approach.
If you've ever struggled
with depression, take
heart. Mindfulness, a
simple yet powerful way of
paying attention to your

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most difficult emotions
and life experiences, can
help you break the cycle
of chronic unhappiness
once and for all. In The
Mindful Way through
Depression, four uniquely

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qualified experts explain why our usual attempts to “think” our way out of a bad mood or just “snap out of it” lead us deeper into the downward spiral. Through insightful lessons

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drawn from both Eastern
meditative traditions and
cognitive therapy, they
demonstrate how to
sidestep the mental habits
that lead to despair,
including rumination and

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Unhappiness
self-blame, so you can
face life's challenges
with greater resilience.
This e-book includes an
audio program of guided
meditations, narrated by
Jon Kabat-Zinn, for

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purchasers to stream or
download from the Web. See
also the authors' Mindful
Way Workbook, which
provides step-by-step
guidance for building your
mindfulness practice in 8

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weeks. Plus, mental health
professionals, see also
the authors' bestselling
therapy guide: Mindfulness-
Based Cognitive Therapy
for Depression, Second
Edition. Association for

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Unhappiness
Behavioral and Cognitive
Therapies (ABCT) Self-Help
Book of Merit
Getting Past the Affair
Mindfulness-Based
Cognitive Therapy for
Depression, Second Edition

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The Mindfulness and
Acceptance Workbook for
Social Anxiety and Shyness
An Eight-Week Plan for
Finding Peace in a Frantic
World
Wherever You Go, There You

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Are

The Wise Advocate

The Mindful Way Through

Anxiety

The Healing Power of

Mindfulness

Offers advice for achieving happiness

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**and dealing with life's obstacles through
mindfulness, with strategies for
cultivating this state of mind and setting
up a formal daily practice routine.**

**Welcome to a master class in
mindfulness. Jon Kabat-Zinn is
regarded as "one of the finest teachers
of mindfulness you'll ever encounter"**

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(Jack Kornfield). He has been teaching the tangible benefits of meditation in the mainstream for decades. Today, millions of people around the world have taken up a formal mindfulness meditation practice as part of their everyday lives. But what is meditation anyway? And why might it be worth

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trying? Or nurturing further if you already have practice? Meditation Is Not What You Think answers those questions. Originally published in 2005 as part of a larger book entitled **Coming to Our Senses**, it has been updated with a new foreword by the author and is even more relevant today. If you're

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curious as to why meditation is not for
the "faint-hearted," how taking some
time each day to drop into awareness
can actually be a radical act of love, and
why paying attention is so supremely
important, consider this book an
invitation to learn more -- from one of
the pioneers of the worldwide

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mindfulness movement.

Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT), and it has been tested and proven effective in

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**clinical trials throughout the world.
Now you can get the benefits of MBCT
any time, any place, by working
through this carefully constructed book.
The expert authors introduce specific
mindfulness practices to try each week,
plus reflection questions, tools for
keeping track of progress, and helpful**

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Unhappiness
**comments from others going through
the program. Like a trusted map, this
book guides you step by step along the
path of change. Guided meditations are
provided on the accompanying MP3 CD
and are also available as audio
downloads. Note: The MP3 CD can be
played on CD players (only those**

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marked "MP3-enabled") as well as on
most computers. See also the authors'
The Mindful Way through Depression,
which demonstrates these proven
strategies with in-depth stories and
examples. Plus, mental health
professionals, see also the authors'
bestselling therapy guide: **Mindfulness-**

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**Based Cognitive Therapy for
Depression, Second Edition. Winner
(Second Place)--American Journal of
Nursing Book of the Year Award,
Consumer Health Category ÿ
An accessible approach to helping
anyone struggling with depression to
reclaim a joyful life. From feeling**

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exhausted or blue to not being able to get out of bed, depression happens on a spectrum and can affect anyone. Our current approach of medicine and therapy doesn't always offer all the answers. But according to Amy B. Scher, that's not as much of a mystery as you might think. If you've done

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everything to heal from depression but are still stuck, you're not alone. Amy sees it as the literal depression of self—a side effect of being buried under our lives. It's not all in your head. It's not all in your body, either. It happens in the whole self. But just as depression happens in every part of you, healing

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does too. Scher's bestselling books have been endorsed by prominent physicians and helped thousands of people overcome chronic illness, emotional challenges, and more. With How to Heal Yourself from Depression When No One Else Can, she brings her proven approach of using energy therapy for

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releasing emotional stress and trauma to one of the most widespread mental health challenges of our time. In this book, you'll: Learn how invisible emotions may be negatively affecting you Understand why it's okay to stop chasing that mountain of happiness we've been programmed to chase

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(spoiler alert: it doesn't even exist)

Release stuck emotional baggage, even if you don't know what it is Use emotional healing techniques such as The Sweep to release subconscious beliefs and Thymus Test & Tap to clear stuck emotions from the body Learn how to release patterns like

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**perfectionism, lack of boundaries, fear,
and more that contribute to depression
Get answers for your healing from your
subconscious mind Finally end the cycle
of depression and become the happiest,
healthiest version of yourself Amy has
proven that working with the body's
energy system for deep transformation**

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is often effective when nothing else works. Here she brings much-needed relief to anyone who wants to end the cycle of depression and rediscover the inherent wellness that resides in each of us.

**Discovering the Buddhist Path of
Attention**

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A New Way of Being

**Nourish Your Emotional Well-Being
and Prevent Depression During
Pregnancy and Postpartum**

**The Inner Voice of Strategic Leadership
Worry Less, Live More**

**How to Find Morale, Energy, and
Community in a World Gone Crazy**

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**Full Catastrophe Living (Revised
Edition)**

The Depression Cure

*The rate of depression in the U.S.
has increased more than tenfold in
the last fifty years. By not seriously
confronting societal sources of*

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despair, American mental health institutions have become part of the problem rather than the solution. The good news is that age-old wisdom and legitimate science - uncorrupted by the profit-margin pressures of pharmaceutical and

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insurance corporations - have much to inform us about revitalizing depressed people and a depressing culture. Surviving America's Depression Epidemic provides an alternate approach that encompasses the whole of our

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*humanity, society, and culture, and
which redefines depression in a way
that makes enduring transformation
more likely.*

*If you've ever struggled with
depression, take heart. Mindfulness,
a simple yet powerful way of paying*

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attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In The Mindful Way through Depression, four uniquely qualified experts explain why our usual

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attempts to “think” our way out of a bad mood or just “snap out of it” lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep

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the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This enhanced e-book includes an audio program of guided meditations narrated by Jon Kabat-

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Zinn. See also the authors' Mindful
Way Workbook, which provides
step-by-step guidance for building
your mindfulness practice in 8
weeks. Plus, mental health
professionals, see also the authors'
bestselling therapy guide:

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Yourself From Chronic
*Mindfulness-Based Cognitive
Therapy for Depression, Second
Edition. Association for Behavioral
and Cognitive Therapies (ABCT)
Self-Help Book of Merit
Mindfulness-based approaches to
medicine, psychology,*

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*neuroscience, healthcare,
education, business leadership, and
other major societal institutions
have become increasingly common.
New paradigms are emerging from
a confluence of two powerful and
potentially synergistic*

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*epistemologies: one arising from the
wisdom traditions of Asia and the
other arising from post-
enlightenment empirical science.
This book presents the work of
internationally renowned experts in
the fields of Buddhist scholarship*

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and scientific research, as well as looking at the implementation of mindfulness in healthcare and education settings. Contributors consider the use of mindfulness throughout history and look at the actual meaning of mindfulness

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whilst identifying the most salient areas for potential synergy and for potential disjunction. Mindfulness: Diverse Perspectives on its Meanings, Origins and Applications provides a place where wisdom teachings, philosophy, history,

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science and personal meditation practice meet. It was originally published as a special issue of Contemporary Buddhism.

While intended primarily as a guide to recovery for anyone who is experiencing depression, this book

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is also written with the relatives and friends of that person in mind, hoping they can make sense of what can be a difficult experience to grasp from the 'outside'. Understanding the journey through depression by all who are affected

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can act as a bridge between people who feel isolated by depression and those who care about them. 'This book shows you the practical steps you can take to lift your mood; helps you listen to what depression may be trying to teach you about your

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life; and gives you a way to be with yourself when you feel most vulnerable. It is possible for any human being to lose their way, but it is equally possible for any human being to find their way. I hope this book supports and strengthens your

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recovery by showing that you have the inner strength to come through depression.' Tony Bates.

Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

Diverse Perspectives on its

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Unhappiness
*Meaning, Origins and Applications
What Therapy Doesn't Teach You
and Medication Can't Give You
Using Acceptance and Commitment
Therapy to Free Yourself from Fear
and Reclaim Your Life
The Mindful Way Through Stress*

Get Free The Mindful Way
Through Depression: Freeing

*Yoursel From Chronic
Unhappiness*
*A Program to Help You Cope, Heal,
and Move On -- Together or Apart*
*Freeing Yourself from Chronic
Unhappiness*

*The Mindfulness and Acceptance
Workbook for Anxiety*

Presents a guide to the

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*principles of
Unhappiness
mindfulness, discussing
how meditative
techniques and the
insights of cognitive
therapy can be used to
to deal with difficult*

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*emotions and life
experiences and*

*alleviate the symptoms
of depression.*

*The life-changing
international bestseller
reveals a set of simple*

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Unhappiness
*yet powerful mindfulness
practices that you can
incorporate into daily
life to help break the
cycle of anxiety,
stress, unhappiness, and
exhaustion. Mindfulness*

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*promotes the kind of
happiness and peace that
gets into your bones. It
seeps into everything
you do and helps you
meet the worst that life
throws at you with new*

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courage. Based on

Mindfulness-Based

Cognitive Therapy

(MBCT), the book

revolves around a

straightforward form of

mindfulness meditation

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Unhappiness
*which takes just a few
minutes a day for the
full benefits to be
revealed. MBCT has been
clinically proven to be
at least as effective as
drugs for depression and*

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*is widely recommended by
US physicians and the
UK's National Institute
for Health and Clinical
Excellence—in other
words, it works. More
importantly it also*

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*works for people who are
not depressed but who
are struggling to keep
up with the constant
demands of the modern
world. MBCT was
developed by the book's*

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*author, Oxford professor
Unhappiness
Mark Williams, and his
colleagues at the
Universities of
Cambridge and Toronto.*

*By investing just 10 to
20 minutes each day, you*

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*can learn the simple
mindfulness meditations
at the heart of MBCT and
fully reap their
benefits. The book
includes links to audio
meditations to help*

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*guide you through the
process. You'll be
surprised by how quickly
these techniques will
have you enjoying life
again.*

Discusses cultivating

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*mindfulness to move past
Unhappiness
shyness and gain social
confidence, helping
readers to make stronger
connections with others
and reduce social stress
and anxiety.*

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Unhappiness
This groundbreaking book explains how to practise mindfulness, using step-by-step exercises to help the reader understand key techniques such as

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*breathing, relaxation,
body scanning and
concentration building.*

*Written by a team of
practising therapists
led by Sarah Silverton,
it includes chapters on*

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*using mindfulness to
self-treat such specific
problems as depression,
stress, anxiety, chronic
illness, and childcare
and relationship issues.*

As we progress through

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each chapter, we learn how to become aware of unhelpful automatic reactions to our emotions, feelings and experiences. Rather than 'reacting' to life as we

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always have, mindfulness
shows us how to observe
our experience and as a
result behave in a way
that is gentler, wiser
and more positive.

Practical, accessible

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*and featuring
uncomplicated exercises
to help the reader fully
understand and adopt the
mindfulness approach,
this book truly is a
breakthrough: the most*

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*friendly and engaging
title available on the
subject; and one which,
like a trusted
therapist, guides the
reader through his or
her problems and*

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*questions, anticipating
their needs with
kindness and compassion.*

*"This book has so much
potential to help people
and contribute to the
flowering of greater*

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*well-being and sanity on
this planet." Jon Kabat-
Zinn*

*The Zen Path Through
Depression*

*The Mindful Way Workbook
Coming Through*

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Depression

Falling Awake

108 Lessons in

Mindfulness

A Step-by-Step Program

Wake Up To Your Life

Freeing Yourself from

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*Destructive Thoughts and
Emotions*

*Depression can feel like a
downward spiral, pulling you into a
vortex of sadness, fatigue, and
apathy. In The Upward Spiral,
neuroscientist Alex Korb*

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demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you

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can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and

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informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and

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chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as

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*you literally reshape your brain,
one small change at a time.*

*Cognitive behavioral therapy (CBT)
is the most widely used treatment
for depression for one simple
reason: it works. The CBT program
in this workbook has helped*

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thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves. Used alone or in conjunction with therapy, The Cognitive Behavioral Workbook for Depression delivers

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evidence-based tools you can confidently use to do better, feel better, and prevent depression from coming back. Through a series of worksheets and exercises, you'll evaluate your depression and learn key skills for

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*overcoming it. Once you have your
depression symptoms under
control, you will appreciate the
additional information on
preventing relapse that is special
to this new edition. This workbook
also includes twenty-five bonus*

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*tips from depression experts that
can jump-start your recovery.
Recommended by therapists
nationwide, this workbook will help
you bounce back from depression,
one solid step at a time. Includes
worksheets and exercises that will*

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help you:

- Move past the negative beliefs about yourself that keep you trapped in the depression cycle
- Apply behavioral techniques that therapists use with their clients, such as activity scheduling
- Discover effective

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ways to cope with feelings of stress, anxiety, and anger • Avoid procrastinating and learn to anchor the positive changes you make to maintain your progress
“Chock-full of the ready-to-use strategies you will need to help

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*you feel good again.” —Jon
Carlson, PsyD, EdD, Distinguished
Professor at Governors State
University*

*Based on the highly effective,
proven Therapeutic Lifestyle
Change (TLC) program: a practical*

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plan for natural ways to treat depression -- without medication
In the past decade, depression rates have skyrocketed, and one in four Americans suffer from major depression at some point in their lives. Where have we gone wrong?

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Dr. Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived, poorly nourished, frenzied pace of twenty-first century life. Inspired by the

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*extraordinary resilience of
aboriginal groups like the Kaluli of
Papua New Guinea, Dr. Ilardi
prescribes an easy-to-follow,
clinically proven program that
harks back to what our bodies
were originally made for and what*

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*they continue to need with these
six components: Brain Food Don't
Think, Do Antidepressant Exercise
Let There Be Light Get Connected
Habits of Healthy Sleep The
Depression Cure's holistic
approach has been met with great*

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*success rates, helping even those
who have failed to respond to
traditional medications. For
anyone looking to supplement
their treatment, The Depression
Cure offers hope and a practical
path to wellness for anyone.*

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Leadership is the habit of making good choices. Even in difficult and uncertain circumstances, the most effective leaders focus their attention and overcome entrenched patterns of behavior to push an organization to new

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heights of success. This capability is no fluke: the latest research on the brain shows that we can pinpoint the mental activity associated with it—and cultivate it for our benefit. In this book, Art Kleiner, a strategy expert; Jeffrey

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*Schwartz, a research psychiatrist;
and Josie Thomson, an executive
coach, give a transformative
explanation of how cutting-edge
neuroscience can help business
leaders set a course toward better
management. Mapping the*

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functions of a manager onto established patterns of mental activity, they identify crucial brain circuits and their parallels in organizational culture. Strategic leaders, they show, play the role of wise advocates: able to go beyond

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*day-to-day transactional behavior
to a longer-term, broader
perspective that articulates their
organization's deeper purpose.
True leaders can play this
influencer role in an organization
because they have cultivated*

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similar self-reflective habits in their own minds. Providing a powerful guide to decision strategies and their consequences, The Wise Advocate helps managers find their own inner voice and then make that voice

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*ring out loud and clear, with a four-
step program for practice and
catalytic implications for
management strategy, executive
education, and business results.
Expecting Mindfully
Stuff You Should Know*

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*A Meditation Guide for the Rest of
Us*

*A Mindful Approach to Recovery
Using Acceptance and
Commitment Therapy to Move
Through Depression and Create a
Life Worth Living*

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*The 6-Step Program to Beat
Depression without Drugs*

*The Mindfulness and Acceptance
Workbook for Depression*

**A GUIDE TO BUDDHIST MIND
TRAINING AND THE
NEUROSCIENCE OF MEDITATION**

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More than twenty years ago, Jon Kabat-Zinn changed the way we thought about awareness in everyday life with his now-classic introduction to mindfulness, *Wherever You Go, There You Are*. He followed that up with

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2005's *Coming to Our Senses*, the definitive book for our time on the connection between mindfulness and our well-being on every level, physical, cognitive, emotional, social, planetary, and spiritual. *Now, Coming to Our Senses* is

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being repackaged into 4 smaller books, each focusing on a different aspect of mindfulness, and each with a new foreword written by the author. In the third of these books, The Healing Power of Mindfulness (which was originally

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published as Part V and Part VI of Coming to Our Senses), Kabat-Zinn focuses on the ways mindfulness can change the body and rewire the mind--explaining what we're learning about neuroplasticity and the brain, how

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meditation can affect the immune system, and what mindfulness can teach us about facing impermanence and, eventually, the end of our own lives. By "coming to our senses"--both literally and metaphorically--we

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can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives in ways both little and big. The bestselling approachable

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guide that has inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20?plus years since Richard

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O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance,

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physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do

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to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects

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of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic,

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biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We

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may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression

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teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best

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of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.

A no-nonsense guide to

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establishing a personal meditation practice, changing your life, and taking hold of your dreams.

CONFESSION: This is not really a meditation book. Yes, you're going to learn everything you need to know about meditation, but if

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you came looking for a typical guide to mindfulness, you're in the wrong place. We are modern people in a high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming

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homophobia, sexism, trauma, shame, depression, poverty, toxic masculinity, racism, or social injustice—you need a different type of meditation ... one that doesn't pretend the struggle doesn't exist. Here you will discover: ? How to

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actually find stillness when your mind is going crazy ? Why most guided meditations get boring after a while ? What nobody tells you about "setting intentions" and the scientific process to manifesting ? Four hidden habits

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that sabotage your growth—and how to move past them ? Proven techniques to overcome anxiety, stress, and trouble sleeping ? Daily rituals that cement and enrich your practice ? How to use mindfulness to take action toward

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the causes you believe in and get sh!t done Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation

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ritual that fits in with your busy (and sometimes messy!) modern life. With free downloadable audio meditations every step of the way, Stay Woke gives people of all genders, identities, colors, religions, ages, and economic

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backgrounds the tools to stop wasting time, overcome self-doubt, and wake up to the lives we were really born to live.

No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels

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drastically—with this classic bestselling guide from a mindfulness expert. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto

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bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by

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the author, and to share this wonderful book with an even larger audience.

The Proven 8-Week Path to
Health, Happiness, and Well-
Being
Mind, Brain and the Path to

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Happiness
Unhappiness

Stay Woke

Mindfulness and Why It Is So
Important

Break Free from Chronic Worry
and Reclaim Your Life

An Incomplete Compendium of

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Mostly Interesting Things
A Guide to Breaking Free from
Anxiety, Phobias, and Worry
Using Acceptance and
Commitment Therapy
Arriving at Your Own Door
Mind, Brain and the Path to

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Happiness presents a contemporary account of traditional Buddhist mind training and the pursuit of wellbeing and happiness in the context of the latest research in psychology and the neuroscience of meditation.

Following the Tibetan Buddhist tradition of Dzogchen, the book

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guides the reader through the gradual steps in transformation of the practitioner's mind and brain on the path to advanced states of balance, genuine happiness and wellbeing. Dusana Dorjee explains how the mind training is grounded in philosophical and experiential

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exploration of the notions of happiness and human potential, and how it refines attention skills and cultivates emotional balance in training of mindfulness, meta-awareness and development of healthy emotions. The book outlines how the practitioner can explore

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subtle aspects of conscious experience in order to recognize the nature of the mind and reality. At each of the steps on the path the book provides novel insights into similarities and differences between Buddhist accounts and current psychological and neuroscientific

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theories and evidence. Throughout the book the author skilfully combines Buddhist psychology and Western scientific research with examples of meditation practices, highlighting the ultimately practical nature of Buddhist mind training. Mind, Brain and the Path to

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Happiness is an important book for health professionals and educators who teach or apply mindfulness and meditation-based techniques in their work, as well as for researchers and students investigating these techniques both in a clinical context and in the emerging field of

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contemplative science.

Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether

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you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that's been tested--and proven--to

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relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists. If you stay with your spouse, you'll find realistic tips for rebuilding your marriage and restoring trust. But no matter which

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path you choose, you'll discover effective ways to recover personally, avoid lasting scars, and pursue healthier relationships in the future.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Take a deep breath. Feeling less

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stressed already? Bestselling author Shamash Alidina shows just how simple it is to master the proven techniques of mindfulness-based stress reduction (MBSR) in this engaging guide. MBSR has enhanced the physical and emotional well-being of hundreds of thousands of

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people around the world. In as little as 10 minutes a day over 8 weeks, you'll be taken step by step through a carefully structured sequence of guided meditations (available to purchasers for download at the companion website) and easy yoga exercises. Vivid stories, everyday

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examples, and opportunities for self-reflection make the book especially inviting. Science shows that MBSR works--and now it is easier than ever to get started.

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years

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Stress. It can sap our energy,
undermine our health if we let it,
even shorten our lives. It makes us
more vulnerable to anxiety and
depression, disconnection and
disease. Based on Jon Kabat-Zinn's
renowned mindfulness-based stress
reduction program, this classic,

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groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and

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healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of

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your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well

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and the ill, and anyone trying to live a healthier and saner life in our fast-paced world. Praise for Full Catastrophe Living “To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential,

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Unhappiness.”—Donald M. Berwick, M.D.,
president emeritus and senior fellow,
Institute for Healthcare
Improvement “One of the great
classics of mind/body
medicine.”—Rachel Naomi Remen,
M.D., author of Kitchen Table

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Wisdom “A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions.”—Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds,

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University of Wisconsin-Madison

“This is the ultimate owner’s manual for our lives. What a gift!”—Amy Gross, former editor in chief, O: The Oprah Magazine “I first read Full Catastrophe Living in my early twenties and it changed my life.”—Chade-Meng Tan, Jolly Good

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Fellow of Google and author of
Search Inside Yourself “Jon Kabat-
Zinn’s classic work on the practice of
mindfulness to alleviate stress and
human suffering stands the test of
time, a most useful resource and
practical guide. I recommend this
new edition enthusiastically to

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doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life's challenges, whether great or small."—Andrew Weil, M.D., author of Spontaneous Happiness and 8 Weeks to Optimum Health "How wonderful to have a new and

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updated version of this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition, building on the first, is sure to become a treasured sourcebook and traveling

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companion for new generations who seek the wisdom to live full and fulfilling lives.”—Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

The Mindfulness Key

The Mindful Path through Worry and Ruminatation

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How to Heal Yourself from
Depression When No One Else Can
Everyday Practices for Everyday
Problems

Surviving America's Depression
Epidemic

How Mindfulness & Compassion Can
Help Free You from Social Anxiety,

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Fear & Avoidance

The Mindful Path Through Shyness
The Mindful Way through Depression
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in a new edition, has
introduced tens of
thousands of clinicians to**

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mindfulness-based
Unhappiness
cognitive therapy (MBCT)
for depression, an 8-week
program with proven
effectiveness. Step by
step, the authors explain
the "whys" and "how-tos"

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of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided

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to practice mindfulness
themselves, an essential
prerequisite to teaching
others. More than 40
reproducible handouts are
included. Purchasers get
access to a companion

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website featuring
downloadable audio
recordings of the guided
mindfulness practices
(meditations and mindful
movement), plus all of the
reproducibles, ready to

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convenient 8 1/2" x 11"
size. A separate website
for use by clients
features the audio
recordings only. New to
This Edition *Incorporates

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a decade's worth of
developments in MBCT
clinical practice and
training. *Chapters on
additional treatment
components: the pre-course
interview and optional

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full-day retreat.

*Chapters on self-compassion, the inquiry process, and the three-minute breathing space.

*Findings from multiple studies of MBCT's

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effectiveness and
underlying mechanisms.

Includes studies of
adaptations for treating
psychological and physical
health problems other than
depression. *Audio files

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of the guided mindfulness
practices, narrated by the
authors, on two separate
Web pages--one for
professionals, together
with the reproducibles,
and one just for clients.

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See also the authors'
related titles for
clients: The Mindful Way
through Depression
demonstrates these proven
strategies in a self-help
format, with in-depth

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stories and examples. The
Mindful Way Workbook gives
clients additional,
explicit support for
building their mindfulness
practice, following the
sequence of the MBCT

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program. Plus, for
professionals: Mindfulness-
Based Cognitive Therapy
with People at Risk of
Suicide extends and
refines MBCT for clients
with suicidal depression.

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Leading psychologists
Susan M. Orsillo and
Lizabeth Roemer present a
powerful new alternative
that can help you break
free of anxiety by
fundamentally changing how

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you relate to it.

A Compassionate and
Spiritual Approach to
Rediscovering Joy Using
easy-to-follow techniques
and practical advice,
Philip Martin shows you

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how to ease depression
through the spiritual
practice of Zen. His
lessons, full of gentle
guidance and sensitivity,
are a product of his
experiences in using Zen

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practices and wisdom to
alleviate his own
depression. Each chapter
focuses on a different
aspect of depression and
recommends a meditation or
reflection. With these

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tools, coping with
depression becomes a way
to mend the spirit while
enriching the soul.

Mindfulness opens us up to
the possibility of being
fully human as we are, and

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of expressing the humane
in our way of being.

Mindlessness de facto
closes us up and denies us
the fullness of our being
alive. This book may on
the surface appear to be

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merely another offering in
the genre of daily
readings. But deep within
these 108 selections lie
messages of profound
wisdom in a contemporary
and practical form that

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can lead to both healing and transformation. We so urgently need to rotate in consciousness in order to safeguard what precious sanity is available to us on this planet. How we

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carry ourselves will
determine the direction
the world takes because,
in a very real way, we are
the world we inhabit. Our
world is continuously
being shaped by our

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participation in
everything around us and
within us through
mindfulness. This is the
great work of awareness.
Welcome to the threshold .
. . to the fullness of

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arriving at your own door!
Unhappiness
Undoing Depression