



A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook)

By Bob Stahl, Elisha Goldstein

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A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook) By Bob Stahl, Elisha Goldstein

Stress and pain are nearly unavoidable in our daily lives; they are part of the human condition. This stress can often leave us feeling irritable, tense, overwhelmed, and burned-out. The key to maintaining balance is responding to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of our bodies and minds. Impossible? Actually, it's easier than it seems.

In just weeks, you can learn mindfulness-based stress reduction (MBSR), a clinically proven program developed by Jon Kabat-Zinn, author of *Full Catastrophe Living*. MBSR is effective in alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Taught in classes and clinics worldwide, this powerful approach shows you how to focus on the present moment in order to permanently change the way you handle stress.

As you work through *A Mindfulness-Based Stress Reduction Workbook*, you'll learn how to replace stress-promoting habits with mindful ones—a skill that will last a lifetime. This groundbreaking, proven-effective program will help you relieve the symptoms of stress and identify its causes so that you can start living a healthier, happier life.

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Editorial Review

Review

“This is an excellent, systematic, helpful, and practical workbook. Doing these practices brings many blessings. They will reduce your stress and truly transform your life.”

—**Jack Kornfield, Ph.D.**, author of *The Wise Heart*, *A Path with Heart*, and *After the Ecstasy, the Laundry*

From the Publisher

In **A Mindfulness-Based Stress Reduction Workbook**, two mindfulness-based stress reduction (MBSR) experts present a step-by-step program for effective stress reduction based on the concepts in Jon Kabat-Zinn's groundbreaking *Full Catastrophe Living*.

From the Back Cover

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Users Review

From reader reviews:

Ross Adams:

Your reading 6th sense will not betray you, why because this **A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook)** guide written by well-known writer whose to say well how to make book that can be understand by anyone who also read the book. Written throughout good manner for you, still dripping wet every ideas and creating skill only for eliminate your own personal hunger then you still hesitation **A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook)** as good book not only by the cover but also from the content. This is one reserve that can break don't assess book by its handle, so do you still needing yet another sixth sense to pick this particular!? Oh come on your studying sixth sense already said so why you have to listening to a different sixth sense.

Harry Dwyer:

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