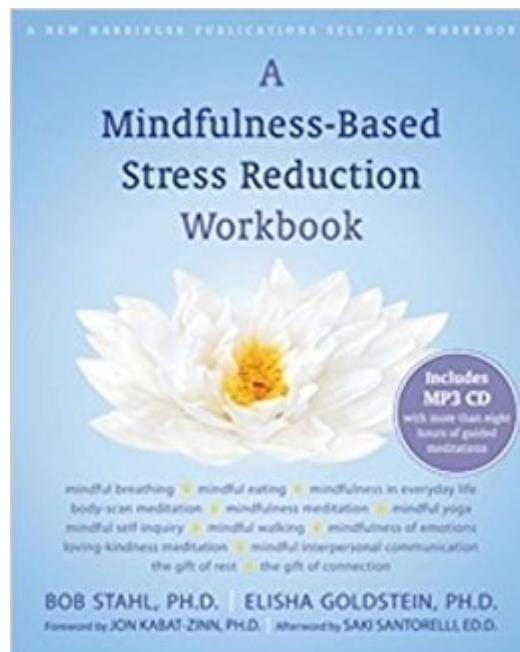




The book was found

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



Synopsis

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.

Book Information

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Customer Reviews

“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*

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*.

Meh. It was ok. I would recommend "*Mindfulness: Finding Peace in a Frantic World*" by Mark Williams and Danny Penman. Easier to follow and more helpful. If you want a cd rather than MP3s this book DOES come with a disc. I'd rather have MP3s, which "*Finding Peace*" incorporates.

If I had to identify one quality that separates this book from the rest of the mindfulness resources in the self-help aisle, it's that these pages are so practical and can't help but provide the reader with plenty of "Aha!" moments. Reading through the chapters and exercises, I appreciate all the research that Goldstein and Stahl studied, material that illuminates how mindfulness exercises can alter and help shape your brain to be more optimistic and resilient. But what won my trust is that they have both been stress cases themselves at certain points in their lives, and can therefore communicate with empathetic language. They both know, on a very personal level, how stress can disable a person. Much like Kay Redfield Jamison, the famous psychologist who suffers from bipolar disorder, they speak both as expert and patient. I understand mindfulness as forcing a bit of time and space between a situation and your reaction, or recognizing the snowball of thoughts that's forming in your mind before it becomes too overwhelming to sort through yourself. Goldstein and Stahl quote Viktor Frankl, psychiatrist and holocaust survivor: "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Although mindfulness techniques aren't able to rescue me out of an acute, severe depression, if I diligently adhered to all the wisdom contained in Stahl and Goldstein's book, and designated a time of the day to do all the exercises, I could save myself some considerable heartache and headache. Why? Their mindfulness exercises allow the reader to take some of the files off of her cluttered and disorganized desk because the files relate to the past or to the future, and the present tense is the only one she should worry about now. According to the authors, mindfulness is about sticking to the here and now and banishing all judgment. It's also about breaking the job, day, or situation down ... into small parts, in order to better manage it. Goldstein and Stahl's workbook uses a strong motivator for readers to learn the beneficial habit of mindfulness, and that is accountability. When you write things down and record your progress, you become accountable. Maybe that's why my kids hate homework so much, come to think of it. So what they have done for us is set up a system by which we can challenge ourselves to better

integrate our body, mind, and soul. Or at least that's the plan. I recommend this workbook to anyone who is stressed out ... um ... everyone I know.

This book was the text book for a graduate course in using mindfulness meditation for clinical applicaiton. I learned to meditate thanks to the excellent instructor and this book really made things clear. The instructor is a PhD clinician, and I believe her choice of this book confirms that it is a professional level, but very approachable, guide to mindfulness.

For me, the book was slow getting into, but is now much better and easier for me to follow.

Bob Stahl is a fabulous teacher. He has over 20 years of experience teaching people to teach mindfulness and I was one of those lucky people. This book is thoughtful and easy to understand. The exercises are easy to do and very powerful. The CD has so many wonderful meditations and I use it regularly. If you get this book I bet you will begin a regular mindfulness practice which will greatly enhance your life. I have given dozens of copies of this books to friends and family. Can't recommend it highly enough, and no I'm not Bob's relative or agent, just a grateful admirer for his vital work.

Great book! Easy read, and great skills! I refer this to the majority of my therapy patients.

This is a great help for clients or anyone , it really helps with PTSD

Accessible, wise and very practical text and exercises! Bringing the concepts of mindfulness to our homes for deeper learning. Esp like the CD w choice of 15, 30 or 45 min practices for various seated, lying down walking and movement (yoga) meditations. Something for everyone.

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