

# [PDF] A Mindfulness-Based Stress Reduction Workbook

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## Books Details:

Title: A Mindfulness-Based Stress Re

Author:

Released: 2010-03-01

Language:

Pages: 243

ISBN:

ISBN13:

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## Description:

### 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*

"Bob Stahl and Elisha Goldstein have woven an inspiring tapestry of illuminating insights and practical exercises that can transform your life and even help you build a stronger brain. Inspired by their work as teachers of the research-proven Mindfulness-Based Stress Reduction Program, the

authors have provided a step-by-step approach to bringing this scientifically grounded approach into your daily life. Mindfulness has been demonstrated to effectively help us live with less stress, fear, and anxiety and to cultivate more ease, connection, and well-being in our lives. This workbook makes mindfulness understandable and offers a carefully laid-out plan to achieve a healthier and more meaningful life. There is no time like the present to bring these pearls and practices of wisdom into your life. Why not start now?"

—**Daniel J. Siegel, MD**, codirector of the University of California, Los Angeles Mindful Awareness Research Center and author of *Mindsight* and *The Mindful Brain*

**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*.

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