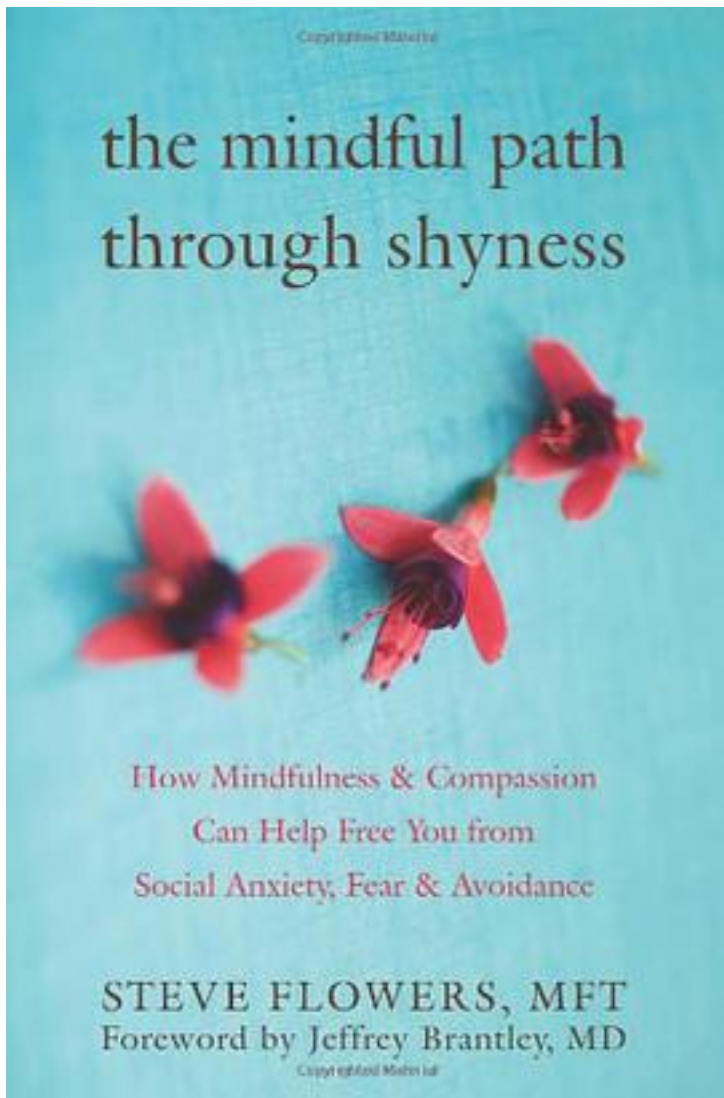


The Mindful Path Through Shyness



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Research shows that chronic shyness has core components of self-blame, private self-consciousness, shame, and resentment. These mental habits operate automatically and often unconsciously, but by bringing mindful awareness into these cognitive and emotional states, it is possible to regulate our attention and emotions. "The Mindful Path Through Shyness" helps readers who struggle with shyness social anxiety begin to notice the patterns that cause them to feel isolated and take steps toward change. Readers will identify the origins of their shyness and learn how they have reinforced this behaviour by avoiding social situations and dwelling on feelings of self-consciousness and shame. They then discover activities and skills drawn from mindfulness-based stress reduction (MBSR), including mindful meditation, conscious breathing, yoga, and simple exercises, which can help them overcome fears and judgments.

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目录:

[The Mindful Path Through Shyness_下载链接1](#)

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书评

先说个题外话：18年看的一本还做了详细笔记的书，今天想写个书评。这本书和【被讨厌的勇气】这本书以及实践很关键。时隔2年，用一段话写一下我现在对于这本书的总结：

羞怯，焦虑可能是来源于你已经习惯化的统觉机制。战胜羞怯和很多不良心理一样不是完全抹除，而是在你知道...

如何才能不羞怯 斯蒂夫·弗洛沃斯 56个笔记 前言：走向正念之道
害怕别人的评判、害怕被拒绝，于是你躲开人群
你无法摆脱自己的想法和感觉，于是像是最狠毒的内在批评家永远如影随形。
正念如何改善羞怯
正念是一种觉知，在生命的每一刻安住于当下，不加评判，也不试图改变。这...

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