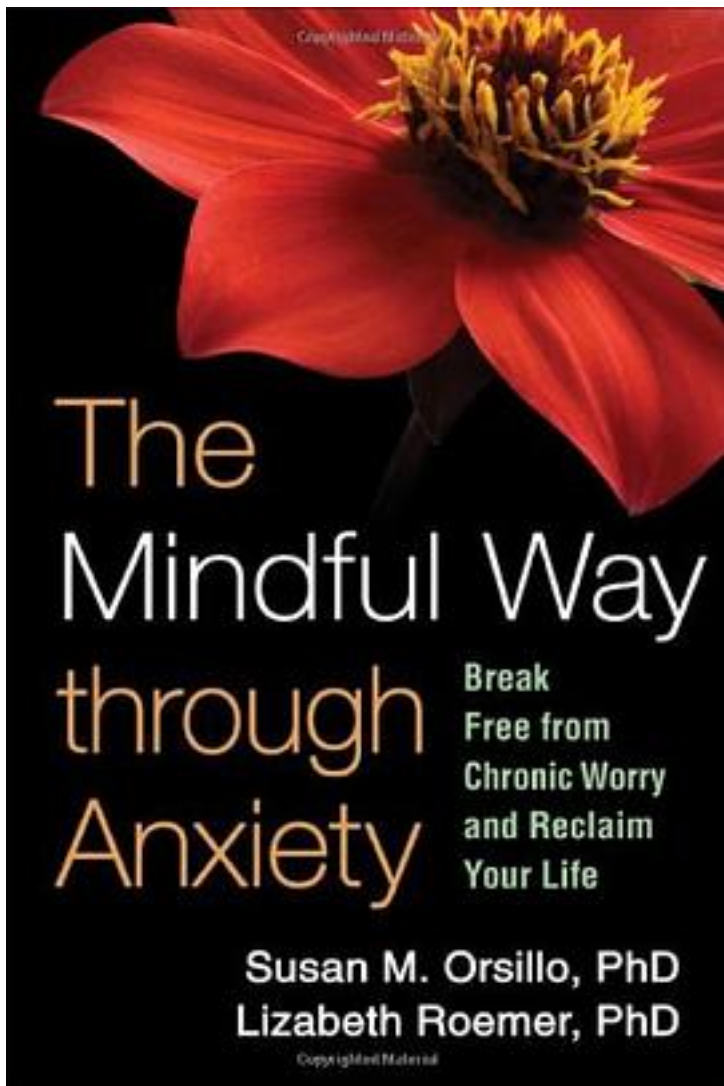


The Mindful Way Through Anxiety



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Winner of the Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Seal of Merit! Anxiety constrains the lives of millions, leaving sufferers exhausted, stressed, and overwhelmed. And the things most people do to try to feel better - avoiding feared situations, pushing worry out of mind - only make the problem worse. Leading psychologists Susan M. Orsillo and Lizabeth Roemer provide a powerful new alternative: they help readers fundamentally change their relationship to anxiety. This book's clinically tested mindfulness practices are specifically tailored for anxiety in its many forms. With clarity and compassion, the authors describe how to gain awareness of anxious feelings without letting them escalate; reap the benefits for emotional and physical well-being; and open life to inspiring new possibilities. Loads of stories, self-quizzes, and step-by-step exercises all enhance the user friendliness of this expertly crafted approach.

作者介绍:

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