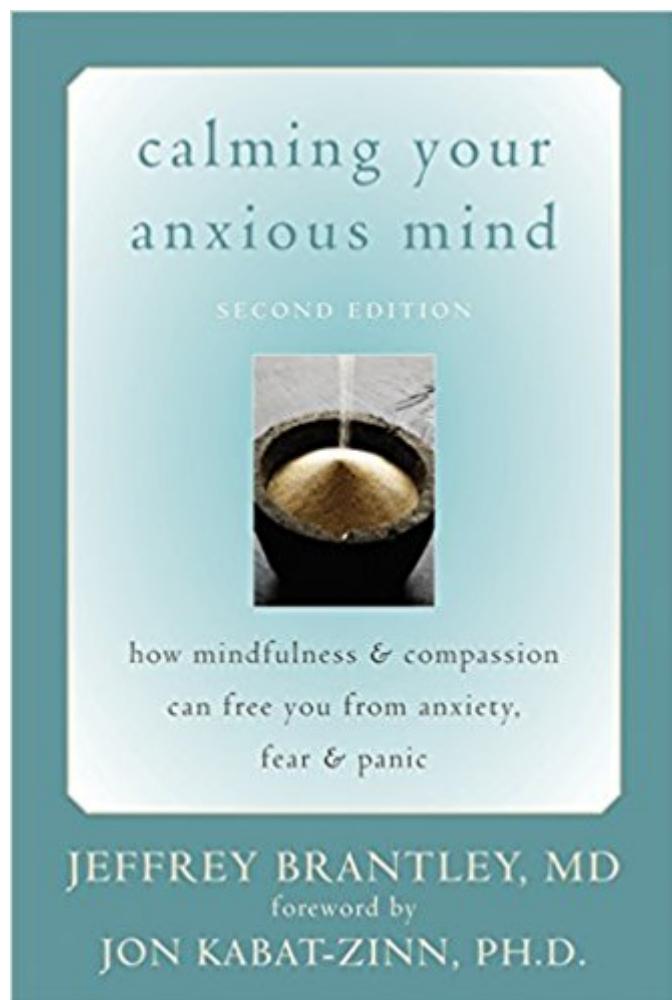


The book was found

Calming Your Anxious Mind: How Mindfulness And Compassion Can Free You From Anxiety, Fear, And Panic



Synopsis

The Mindfulness Solution to AnxietyDrawing on techniques and perspectives from two seemingly different traditions, this second edition of the self-help classic Calming Your Anxious Mind offers you a powerful and profound approach to overcoming anxiety, fear, and panic. From the evidence-based tradition of Western medicine, learn the role your thoughts and emotions play in anxiety. And, from the tradition of meditation and the inquiry into meaning and purpose, discover your own potential for presence and stillness, kindness and compassion-and the tremendous power these states give you to heal and transform your life. Use this encouraging, step-by-step program to: Learn about the mechanism of anxiety and the body's fear system Develop a healing mindfulness practice-one breath at a time Start on the path to presence, stillness, compassion, and loving kindness Practice acceptance during mindfulness meditation Feel safe while opening up to fearful and anxious feelings

Book Information

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Customer Reviews

This book is a welcome addition to the anxiety disorders field. Comprehensive as well as clearly written, it provides a wealth of information on the use of meditation and mindfulness practice in recovering from anxiety difficulties. •Edmund J. Bourne, Ph.D., author of *The Anxiety and Phobia Workbook* and *Coping with Anxiety*"Dr. Brantley's book is clear and warm. It takes the mystery out of meditation and explains how things that at first sight appear extraordinary are in fact very important. His extensive clinical experience and his

empathy constantly shine through the book." •Jonathan Davidson, MD, director of the Anxiety and Traumatic Stress Program at Duke University "I think the book is fantastic and believe it will fill an important niche in the treatment of anxiety disorders. The information on the physiology of anxiety and the stress response helps to demystify the symptoms for readers, making their problem seem more manageable. Beautifully guided meditations anticipate and address the questions that anxious new meditators will have. The instruction to stay present with the anxiety is powerful and healing. I know I will be recommending it to my patients and colleagues." •Holly B. Rogers, MD, staff psychiatrist with Duke University Counseling and Psychological Services "As a psychotherapist and teacher of stress reduction, I find this book helpful to clients and clinicians, as well as to meditators wishing to deepen their own practice. Brantley gives practical and compassionate guidance to anyone seeking skillful ways to work with anxiety and panic."

•Allie Rudolph, LCSW, founder and codirector of the University of Virginia Mindfulness-Based Stress Reduction Program

This is a major revision of the classic book using mindfulness to overcome anxiety. It includes information on the latest research into mindfulness, new step-by-step exercises, and new thoughts on taking daily mindfulness to deeper and more rewarding levels.

Great book helps tremendously explaining why the body has the physical symptoms of anxiety. And helps by using breathing meditation to calm the mind.

This is one of those books that you never finish. When you are done, you start over again! It's about giving TODAY all of your attention, because TODAY is the only you live IN. Yesterday, you cannot change and Tomorrow never comes. The sign in the lounge says FREE drinks Tomorrow! Think about it or just come back Tomorrow, and see what the sign says! Too many people miss today because they are thinking about yesterday or what is going to happen tomorrow. We don't even know what today is going to bring. Only GOD knows, we have to wait as we live today. It tells you just how to do this. It takes practice but you CAN DO IT

Dr. Brantley's book is an invaluable resource for anyone suffering with anxiety, worry, fear or panic. I read it, and re-read it. It will help you understand what you must do if you truly want to improve your life.

I have read a variety of books on the subject of mindfulness, and this is tops. It is well written. It addresses a number of personal concerns, not just anxiety. It clearly and simply describes a number of mental exercises that can be performed so as to diminish anxiety and boost confidence. The material is certainly derived from Buddhist sources, but people do not have to become Buddhist or understand Buddhist terminology to profit from this book. This book is a real winner for anyone who wants to improve themselves and find greater peace of mind.

This book has given me tools and insights on how to live a life free from anxiety. Mindfulness really does work...kindness and compassion are the keys!

It is a good way to find peace. I believe as the book says, everything lies inside us, we just have to realize that awareness and meditation will strengthen our view and the way we see everything.

Along with Jon Kabat-Zinn's Full Catastrophe Living, this is an indispensable book for anyone who suffers from GAD, SAD, or panic disorder. This is compassionate, pragmatic, deep therapy that has great power on its own and can be a great supplement to working with a therapist. There's strong current science behind it, and 2500 years of Buddhist practice. Very simply, if you learn to focus in the present you won't worry so much about the future, or beat yourself up about the past.

This has been a terrific book for guiding a novice meditator. It definitely helped to set appropriate expectations--what it is and what it is not-- and to initiate the process. Also Dr Brantley's further discussions about next steps along the meditation journey have guided additions to my meditation practice.

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