

The Mindfulness Key



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Paperback. Book Condition: New. Not Signed; In this comprehensive guide Sarah Silverton explains how the gentle yet highly effective mindfulness approach will help you to live in a calmer, wiser and more positive way. By engaging fully in the present moment, you can still your mind's negative chatter and escape unhelpful automatic reactions that hold you back. This ground-breaking, clinically proven approach to the treatment of stress, anxiety and depression is now widely used by professionals in health services, social care and education - and is a simple yet powerful self-help tool to living a happier, healthier life. Friendly and engaging - an ideal beginner's guide. Step-by-step exercises cover key mindfulness techniques, such as breath and body awareness practices and bringing mindful awareness to the everyday activities in our lives. Includes information on using mindfulness to self-treat stress, anxiety, depression and chronic illness, as well as chapters on mindfulness in relationships, for children and for carers. book.



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