



The Mindfulness Breakthrough: The Revolutionary Approach to Dealing with Stress, Anxiety and Depression

Sarah Silverton

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Inspired by Eastern meditative practices, mindfulness is a powerful holistic approach to overcoming stress and achieving emotional balance. Now the first fully illustrated book on the subject guides the reader through key techniques to the state of being fully engaged in the moment, including breathing, relaxation, body scanning, and concentration building. The result is a gentler, less judgmental, more positive response to life. Included are chapters on using mindfulness to self-treat problems such as depression, stress, anxiety, and relationship issues.

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