



In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience (Paperback)

By Kirk D. Strosahl

New Harbinger Publications, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Little daily hassles can add up to big, big stress. Whether you're stuck in traffic, hauling your kids out the front door in the morning, dealing with a demanding boss, or worrying about money, it's easy to become overwhelmed. Stress is a normal part of daily life; but over time, chronic stress can take its toll on both your mental and physical health, leading to everything from anxiety and depression to weight gain and disease. So how can you move past the little hassles that get in the way of fully enjoying life? In This Moment will show you how to find a sense of calm and serenity using a breakthrough, evidence-based program grounded in mindfulness and neuroscience. Imagine feeling stressed, and being able to work through it by paying attention to your thoughts and feelings, moment by moment, no matter where you are or what you're doing. It's not as difficult as it sounds! Written by cofounder of acceptance and commitment therapy (ACT) Kirk Strosahl and pioneering behavioral health researcher Patricia Robinson, the mindfulness exercises in this book will help you strengthen the...



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Reviews

Thorough guide! It's this sort of very good study. Yes, it really is playful, nonetheless an interesting and amazing literature. You may like the way the blogger created this ebook.

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It is one of the best publications. It really is loaded with knowledge and wisdom. You may like the way the blogger wrote this ebook.

-- Prof. Shannon Wehner PhD