

CHRISTINA FELDMAN



THE
Buddhist
Path to
Simplicity



Spiritual Practice for Everyday Life

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Yan Bai



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The Buddhist Path to Simplicity Christina Feldman, 2001 With clear beautiful language high profile author Christina Feldman demonstrates how we simplify our lives how we let go and live a life of integrity and mindfulness In this book she shows how to harmonize and achieve balance and how to apply Buddhist wisdom to the here and now She addresses subjects to compassion speech effort intention emotions and awakening

The Mindful Path to Addiction Recovery Lawrence Peltz, MD, 2013-03-12 Mindfulness the quality of attention that combines full awareness with acceptance of each moment just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment Because at the heart of addiction is the fear of painful emotional states addicts compulsively seek drugs and alcohol to avoid or escape emotional pain Mindfulness on the other hand helps us develop greater acceptance and ease with life's challenges as well as greater self compassion Here Dr Lawrence Peltz who has worked as an addiction psychiatrist for nearly three decades draws from his clinical experience and on the techniques of mindfulness based stress reduction MBSR to explain the fundamental dynamics of addiction and the stages of the recovery process and also gives us specific mindfulness exercises to support recovery

Manage Your Mind Gillian Butler, Nick Grey, Tony Hope, 2018 Manage Your Mind is a book for building resilience overcoming emotional difficulties and enabling self development It is for any of us who wish to understand ourselves better to be more effective in day to day life or to overcome current problems or who want to support others in these tasks The authors have between them almost 100 years of experience of helping people through difficult times This experience together with the results from scientific research leads to Manage Your Mind distilling effective techniques and ideas so that readers can select those that suit their preferences and needs The book explains and illustrates how to respond skilfully to life's challenges

Mindfulness-Based Cognitive Therapy Rebecca Crane, 2008-08-18 Mindfulness Based Cognitive Therapy MBCT is increasingly used in therapeutic practice It encourages clients to process experience without judgement as it arises helping them to change their relationship with challenging thoughts and feelings and accept that even though difficult things may happen it is possible to work with these in new ways This book provides a basis for understanding the key theoretical and practical features of MBCT Focusing on a mindfulness based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses the text is divided into 30 distinctive features that characterise the approach Mindfulness Based Cognitive Therapy Distinctive Features provides a concise straightforward summary for professionals and trainees in the field Its easy to use format will appeal to both experienced practitioners and newcomers with an interest in MBCT

Becoming Free Christy Monson, 2013-09-17 Throughout our lives we tend to build up armor that inhibits our growth Our armor comes in many disguises depression self deprecation or the inability to act We often create our own armor our own protection unique to us but this protection actually stops our growth and the abundant life we each seek An abundant and happier life can be yours but you must identify and release the obstructions that keep you

from the wisdom and wealth you want Christy Monson a successful family therapist for over thirty years has written *Becoming Free* to help you achieve your goals and find deeper happiness in your life *Becoming Free* is a step by step book to help you to shed your armor expand your optimistic thinking and enhance your ability to give and receive Once you become free of the armor you ve built around you to protect yourself you ll find the abundant life you have always sought

The Mindful Way through Depression Mark Williams,John Teasdale,Zindel Segal,Jon Kabat-Zinn,2012-02-08 This book has been replaced by *Mindful Way through Depression Second Edition* ISBN 978 1 4625 5392 1

Mindful Way through Depression Mark Williams,John Teasdale,Zindel Segal,Jon Kabat-Zinn,2024-10-11 The revolutionary book that has helped hundreds of thousands of readers find relief from chronic unhappiness is now in a revised and updated second edition This authoritative easy to use self help program is grounded in mindfulness based cognitive therapy a clinically proven approach The expert authors explain why our usual attempts to fix sadness or just stop thinking about it can actually worsen depression instead of relieving it Through vivid stories and downloadable audio meditations encouragingly narrated by Jon Kabat Zinn the book shows how you can break the mental habits that lead to despair and recover a sense of joy aliveness and possibility Revised throughout to be even more reader friendly the second edition features fresh insights on coping with the challenges of our ever changing world the latest scientific data and four additional audio tracks

Managing Your Mind Gillian Butler,Nick Grey,R. A. Hope,2018 *Managing Your Mind* is a book for building resilience overcoming emotional difficulties and enabling self development It is for any of us who wish to understand ourselves better to be more effective in day to day life to overcome current problems or who want to support others in these tasks The authors have between them almost 100 years of experience helping people respond skillfully to life s challenges Drawing on this experience as well as on cutting edge scientific research *Managing Your Mind* distills effective techniques and ideas enabling readers to select those that suit their preferences and needs Part One of the book helps us gain a better understanding of ourselves and provides tools for clarifying what we value most in life It highlights the benefits of the practice of acceptance and kindness and shows how to build self esteem and self confidence Part Two presents practical tools and methods relevant to everyone for making our way in the world This includes the importance of perspective and how we can best use our thinking skills It also covers everyday topics such as the value of useful habits time management looking after our physical health increasing happiness well being and creativity and developing and maintaining good relationships The third part of the book provides scientifically tested approaches to overcoming specific emotional difficulties such as worry panic low mood anger addictions and coping with trauma loss and chronic ill health With well over 150 000 copies in print *Managing Your Mind* remains the definitive self help guide for anyone seeking to lead a more fulfilling and productive life

Mindfulness-Based Cognitive Therapy for Cancer Trish Bartley,2011-10-28 *Mindfulness based Cognitive Therapy for Cancer* presents an eight week course for MBCT which has been tried and tested over ten years of clinical use and is targeted specifically for people with cancer There is

growing evidence of mindfulness as a successful and cost effective intervention for reducing the negative psychological impact of cancer and treatment Draws upon the author s experience of working with people with cancer and her own recent experience of using mindfulness with cancer diagnosis and treatment Stories from cancer patients illustrate the learning and key themes of the course Includes new short practices and group processes developed by the author

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