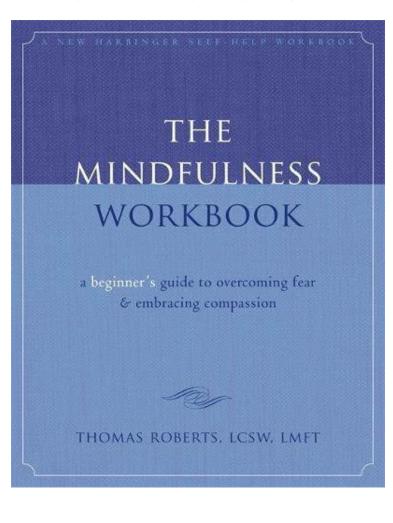
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8 of 8 review helpful Highly recommended By Dale Floody Mindfulness has received considerable attention in psychology and related fields in the past ten years Drawing on his considerable experience with clients as a marriage and family therapist Roberts has written an excellent experiential introduction and workbook for those interested in practicing mindfulness whether beginner or experienced Mindfulness involves o Mindfulness is a powerful antidote to stress anxiety and panic chronic pain depression obsessive thinking out of control emotions and many other physical and mental health conditions This ancient Buddhist technique can help anyone who struggles with fears worries and distractions refocus on the present moment and live happily here and now The Mindfulness Workbook is a step by step instruction book that guides you through simple practices t

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