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## Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life

By Bob Stahl

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life, Bob Stahl, Calming the Rush of Panic will introduce you to the practices of mindfulness-based stress reduction (MBSR)-a proven-effective meditational therapy developed by Jon Kabat-Zinn-as a way to work through episodes of panic. After an informative introduction to MBSR therapy, you will be guided through a number of exploratory practices and meditations to transform your panic into peace. Each chapter in the book contains informational background on the topic, guided meditations, and up to 10 practices that let you put the information and skills you will learn into action. The book promotes mindfulness-based practices and exercises to help you deal with the physical, emotional, and mental effects of panic, and inside you will learn foundational MBSR meditation practices, including mindful breathing, sitting meditation, and loving-kindness meditation. If your fear response is out of sync with the situations you find yourself in, this book will show you that your thoughts are just thoughts-they are just one part of you. This quick, accessible book is the first to use an MBSR approach...



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