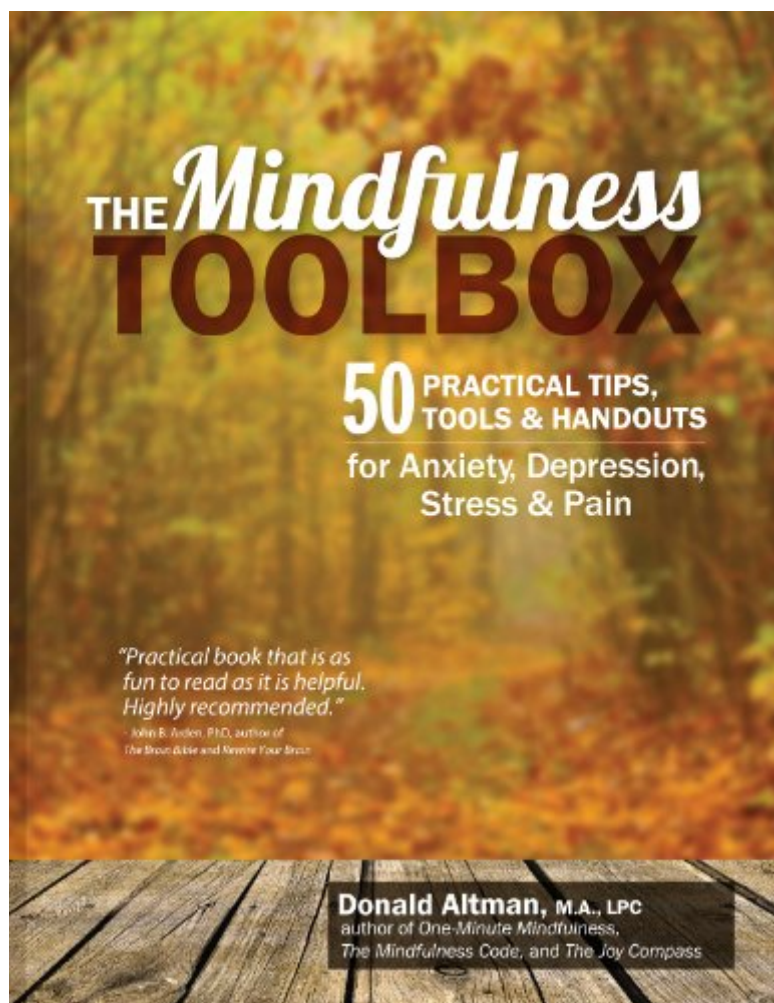




The book was found

The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts For Anxiety, Depression, Stress & Pain



Synopsis

At last, an authoritative book filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope. Featuring over 40 easy to use, reproducible handouts and expertly crafted, guided scripts—such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind with sense grounding, expanding a client's strength narrative, the stress pause S-T-O-P technique, and meditations for peace, acceptance, and re-envisioning pain—this book is ideal for clinicians wanting to integrate mindfulness into their work.

Book Information

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Customer Reviews

I love this book! It's great for therapists (which I am not), but I do the workbook part and it relaxes me so much. Just what I was looking for to calm my anxiety and pay attention to the present.

The Mindfulness Toolbox is an excellent resource for therapists and clients! The beauty of Altman's work is he translates mindfulness into achievable, realistic tools with creative language and engaging metaphors. The exercises are well crafted and designed to help a person sort through their problems by focusing on one's strengths. This user friendly book also has an excellent reference section for further reading and an easy to use index to help locate information in the book.

I wish it were spiral bound.

These skills really work, they are good for all of us... clients and psychotherapists alike!

This is a very helpful hands on tool for teaching mindfulness and supporting others in their meditation journey!

Excellent practical tools for promoting Mindfulness and its' integration into everyday life. These applications promote daily practices that can nourish changes in our brains that enhance well being and offer relief from stress, anxiety and depression.

Super helpful for beginning therapists. This book gives you handholds on how to talk to clients about mindfulness in non-overwhelming language.

Great book! Lots of mindfulness techniques that can be shared with the client.

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Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen)
Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress

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