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Calming Your Anxious Mind Book Summary : The Mindfulness Solution to Anxiety Drawing on techniques and perspectives from two seemingly different traditions, this second edition of the self-help classic Calming Your Anxious Mind offers you a powerful and profound approach to overcoming anxiety, fear, and panic.

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Drawing on techniques and perspectives from two seemingly different traditions, this second edition of the self-help classic Calming Your Anxious Mind offers you a powerful and profound approach to overcoming anxiety, fear, and panic. From the evidence-based tradition of Western medicine, learn the role your thoughts and emotions play in anxiety. And, from the tradition of meditation and the

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Calming Your Anxious Mind An Interview with Jeff Brantley

In Mindfulness-Based Stress Reduction Classes, we often say you can't stop the waves (of stress), but you can learn to surf. In part what we mean is that you can learn to recognize the waves of inner reactivity to stressors, and learn to ride them without making them stronger or succumbing to them.

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