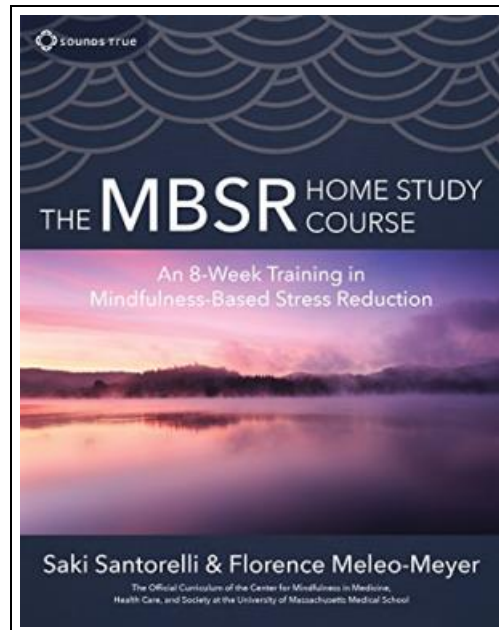


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Reviews

Great electronic book and useful one. Better than never, though i am quite late in start reading this one. You can expect to like the way the author compose this ebook.



(Matteo Johnson)

MBSR HOME STUDY COURSE: AN 8-WEEK TRAINING IN MINDFULNESS-BASED STRESS REDUCTION (MIXED MEDIA PRODUCT)



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SOUNDS TRUE INC, United States, 2016. Mixed media product. Condition: New. Workbook. Language: English . Brand New Book. The Official Home Training in MBSR from the Center for Mindfulness in Medicine, Health Care, and Society In 1979, Jon Kabat-Zinn founded the Stress Reduction Clinic at the University of Massachusetts Medical Center to integrate meditation into the medical mainstream. His approach became known as Mindfulness-Based Stress Reduction (MBSR) a powerful, effective way to reduce physical and mental suffering by cultivating the capacity for greater health, balance, ease, and peace of mind. Discover a Scientifically Researched Practice for Learning, Growing, and Healing The MBSR Home Study Course is a comprehensive immersion in the same well-respected method taught at the UMass Center for Mindfulness in Medicine, Health Care, and Society. Taught by two senior MBSR teachers, this course offers systematic training and tools to enhance your health and well-being through a deep, experiential understanding of the mind-body connection. In this eight-week program, you ll learn to understand and moderate your reactivity to stressful situations, reduce the impact of long-term stress and trauma, cope more effectively with physical pain and discomfort, and increase your overall sense of vitality and enthusiasm for life. Mindfulness is a way of learning to relate directly to whatever is happening in your life. This starts with cultivating present-moment attention in an open, nonjudgmental way. MBSR is a nonsectarian, scientifically researched approach that is in harmony with any faith-based tradition. The MBSR Home Study Course brings you a complete training in mindfulness meditation and its integration into the challenges and adventures of everyday life HIGHLIGHTS Learn the same, well-respected method developed by Jon Kabat-Zinn taught by longtime Center for Mindfulness teachers Dr. Saki Santorelli and Florence Meleo-Meyer Reduce stress at work or at home by learning a wide range of...

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