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## Nota di contenuto

Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance InnerCalm, Self-Confidenceand Relationships; Copyright; Contents; About the Author; Foreword; Acknowledgements; Introduction; How to use this book; References; Step 1 Personal Stage; Chapter 1 Committing to Learn and Change; Beliefs and Faith; Intellectual Evaluation; Direct Experience; Writing a "Change Contract"; The Four Stages of the MiCBT Program; Accessing the Tools; References; Chapter 2 Week 1: Establishing Self-Care and Feeling Grounded; Mindfulness of the Body; Progressive Muscle Relaxation Frequently Asked QuestionsProceeding with the Next Chapter; Alternative Application; References; Chapter 3 Inheritance and Maintenance of Unhappiness; The Nature and Origin of Suffering; Law of Impermanence: Trigger for Suffering; Craving and Aversion: Reinforcing Factors for Suffering; Unawareness: Maintaining Factor for Suffering; The Sense of Self in Neuroscience Research; Concluding Comments; References; Chapter 4 Integrating Western Science and Eastern Wisdom; Mental Functions and their Relationship with Who We Are; System in Disequilibrium; The Role of Mindfulness; Concluding Comments

ReferencesChapter 5 Week 2: Regulating Attention and Gaining Mastery Over Your Mind; Definition and Purpose of Mindfulness; Practice Set-Up; Mindfulness of Breath; This Week's Practice; Frequently Asked Questions; Proceeding With the Next Chapter; References; Chapter 6 Learning About Your Mind; Wired to Think; Three Internal Causes of Intrusive Thoughts; Co-emergence in Dreams; Applied Practice: The "Right" Effort; Concluding Comments; Proceeding with the Next Chapter; References; Chapter 7 Week 3: Understanding and Regulating Emotions; Checking Your Readiness; Mindfulness of Body Sensations Equanimity: The Power WithinThis Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Chapter 8 The Deeper Nature of Your Emotions; The Basis of Emotional Experiences; Integrating Impermanence through Body Scanning; Preventing Craving and Aversion; Body Sensations and Trauma; Neuroplasticity; Concluding Comments; Proceeding with the Next Chapter; References; Chapter 9 Week 4: Applying Mindfulness Skills in Daily Life; Checking Your Readiness; Increasing Productivity; Integrating Egolessness through Body Scanning; Applied Practice

Recording Your Emotions in Daily LifeMeasuring Progress with Equanimity; This Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Step 2 Exposure Stage; Chapter 10 Week 5: Regulating Behavior to Overcome Avoidance; Checking Your Readiness; The Main Purpose of Advanced Scanning; Symmetrical Scanning; Externalizing Your Skills; Stage 2 of MiCBT: Decreasing Avoidance and Freeing Yourself to Act; Mindful Exposure; This Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Chapter 11 Week 6: Improving Self-Confidence

Checking Your Readiness

## Sommario/riassunto

This is a clear, streamlined guide to using Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) to improve well-being and manage a range of personal and interpersonal difficulties. Integrates the core principles of Eastern mindfulness with the Western evidence-based principles of CBTProvides simple and practical, step-by-step guidance to understanding and implementing the four stages of MiCBT with helpful FAQ sections, success stories from patients, and free access on the companion website to the author's MP3 audio instructions for basic and advanced mindfulness meditation techniquesWri

