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Nota di contenuto	1. Creating Space Within -- 2. Valuing and Accessing Alonetime -- 3. Recognizing the Cues of Subtle "Mindlessness" -- 4. Learning the Art of Leaning Back -- 5. Experiencing a New Type of Counselor Self-Nurturance -- 6. Alonetime as a University: Honoring the Wisdom of Mentors of Mindfulness -- Appendix I: Retreat and Reflect: Enjoying a Fresh Experience of Your Own Inner Life -- A Brief Final Comment on a Counselor's Inner Renewal in Alonetime .
Sommario/riassunto	"To feed the interior life of the counselor is not only a sensible act for the helper, it is a true act of generosity for those they serve as well. This book directs counselors to consider their own sense of self and how they are-and are not-living a personally and professionally meaningful, mindful life. Each chapter presents a theme in a way that mental health professionals will find helpful and immediately applicable to understanding their own journey as they seek to reach out to help others in need"--

