

1. Record Nr.	UNINA9910813986103321
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Titolo	The mindfulness solution : everyday practices for everyday problems // Ronald D. Siegel
Pubbl/distr/stampa	New York, : Guilford Press, c2010
ISBN	1-4625-3436-8 1-282-48999-2 9786612489990 1-60623-457-9 1-60623-458-7
Descrizione fisica	1 online resource (368 p.)
Disciplina	158.1/2
Soggetti	Meditation Meditation - Buddhism Mental healing Self-help techniques
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Matter; Contents; Chapter 1; Chapter 2; Chapter 3; Chapter 4; Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; Chapter 10; Chapter 11; When you needmore help; Resources; Notes; Index; About the author
Sommario/riassunto	Mindfulness offers a path to well-being and tools for coping with life's inevitable hurdles. And though mindfulness may sound exotic, you can cultivate it--and reap its proven benefits--without special training or lots of spare time. Trusted therapist and mindfulness expert Dr. Ronald Siegel shows exactly how in this inviting guide. You'll get effective strategies to use while driving to work, walking the dog, or washing the dishes, plus tips on creating a formal practice routine in as little as 20 minutes a day. Flexible, step-by-step action plans will help you become more focused and efficie