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Titolo	Calming your anxious mind : how mindfulness and compassion can free you from anxiety, fear, and panic / / Jeffrey Brantley
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Disciplina	152.4/6
Soggetti	Anxiety Fear Attention Meditation
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Title from title screen.
Nota di bibliografia	Includes bibliographical references (p. [223]-227).
Nota di contenuto	A mindful approach to fear and anxiety -- Paying attention on purpose -- The body and its fear system -- Anxiety and the power of the mind -- Mindfulness and meditation -- Your attitude is important -- Building your practice foundation -- Mindfulness in everyday life -- Establishing mindfulness, breath by breath -- Mindfulness of the body -- Bringing full attention to life -- Befriending your anxious mind -- Making room for the upset -- Common concerns about these meditation practices -- Feeling safe, resting in silence -- Applying mindfulness to fear and anxiety -- Taking a larger view.
Sommario/riassunto	This is a major revision of the classic book using mindfulness to overcome anxiety. It includes information on the latest research into mindfulness, new step-by-step exercises, and new thoughts on taking daily mindfulness to deeper and more rewarding levels.

