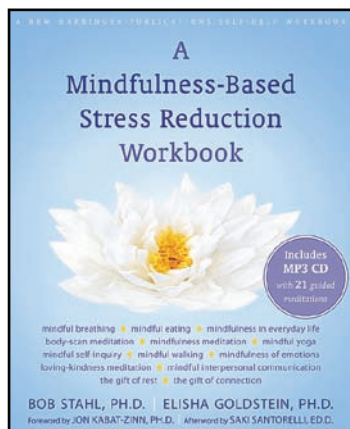

MINDFULNESS-BASED STRESS REDUCTION

New book offers a complete program for relieving stress and anxiety using research-proven mindfulness-based techniques



The ancient practice of mindfulness has proven an invaluable tool for relieving modern-day stress and anxiety. That's why more and more doctors and therapists are recommending it to their patients and clients. In **A MINDFULNESS-BASED STRESS REDUCTION WORKBOOK** (New Harbinger Publications, March 2010, paperback), two mindfulness-based stress reduction experts provide a step-by-step program for using mindfulness to relieve stress and anxiety and enhance health and well being.

Coauthors Bob Stahl, Ph.D., and Elisha Goldstein, Ph.D., are available for interview and excerpts from this exciting new book are available for reprint.

Here's just some of what the authors can discuss:

- Why mindfulness? What the data tells us about its effects on stress, anxiety, depression, and other common conditions.
- How to beat the urge to binge with mindful eating
- How washing the dishes, making dinner, driving to work, and other daily activities can be opportunities for cultivating greater mindfulness
- How mindfulness practice actually changes the brain, so that it is rewired for greater happiness and ease.
- How even the busiest, most stressed-out person can adopt a daily mindfulness program
- How to practice mindful yoga
- Myth vs. fact about mindfulness
- Why they say that the lack of self-compassion is the great, unnamed epidemic, and how mindfulness can help

PRESS CONTACT

Lorna Garano
lorna@lornagarano.com
510-922-9765
Lorna Garano
Book Publicity

BOOK INFO

A MINDFULNESS-BASED STRESS REDUCTION WORKBOOK
Bob Stahl, Ph.D.
Elisha Goldstein, Ph.D.
Foreword:
Jon Kabat-Zinn
March 2010
Michael Wiese
Productions
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Paperback, \$24.95
224 pages, 9.9x8x0.8
includes MP3 CD

WEB

<http://mbsrworkbook.com/>

VIDEO

<http://mbsrworkbook.com/category/video/>

"This is an excellent, systematic, helpful, and practical workbook. Doing these practices brings many blessings. They will reduce your stress and truly transform your life."

—**Jack Kornfield, Ph.D.**, author of *The Wise Heart, A Path with Heart, and After the Ecstasy, the Laundry*

"...There is no time like the present to bring these pearls and practices of wisdom into your life. Why not start now?"

—**Daniel J. Siegel, MD**, codirector of the University of California, Los Angeles Mindful Awareness Research Center and author of *Mindsight* and *The Mindful Brain*

ABOUT THE AUTHORS



Bob Stahl, Ph.D., founded and directs mindfulness-based stress reduction (MBSR) programs in five medical centers in the San Francisco Bay area. A longtime mindfulness practitioner, Stahl has completed MBSR teacher certification at University of Massachusetts Medical Center and has lived in a Buddhist monastery for more than eight years. Stahl also serves as an adjunct senior teacher for Oasis, the institute for mindfulness-based professional education at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.



Elisha Goldstein, Ph.D., is a clinical psychologist and cofounder of the Mindfulness Center for Psychotherapy and Psychiatry. He teaches MBSR and mindfulness-based cognitive therapy (MBCT) in west Los Angeles. He is author of the audio CD series *Mindful Solutions*, which deals with issues such as stress, anxiety, depression, addiction, adult ADHD, and success at work. He is author of popular mindfulness and psychotherapy blogs on www.psychcentral.com and www.mentalhelp.net, and conducts workshops, radio interviews, and lectures on the therapeutic benefits of mindfulness.

SUGGESTED INTERVIEW QUESTIONS

1. First, what is mindfulness and why do you suggest that we cultivate it?
2. In *A Mindfulness-Based Stress Reduction Workbook* you talk a lot about weaving mindfulness practices into your daily activities. What are a few ways we can do this?
3. What does the research tell us about the effectiveness of mindfulness on stress, anxiety, and other conditions?
4. What does the acronym STOP stand for?
5. You say that the lack of self-compassion is an unnamed epidemic. What do you mean?

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Press contact: Lorna Garano, lorna@lornagarano.com, 510-922-9765

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6. How can mindfulness help you deal with difficult people?
 7. In *A Mindfulness-Based Stress Reduction Workbook* you have a chapter titled, "Mindfulness of the Body." What does it mean to be mindful of the body and why do you think it's important?
 8. How did each of you become interested in mindfulness?
 9. What is the difference between a mindfulness practice and a meditation practice?
 10. Can you lead us in a short mindfulness exercise?

RAVES

"This is an excellent, systematic, helpful, and practical workbook. Doing these practices brings many blessings. They will reduce your stress and truly transform your life."

—**Jack Kornfield, Ph.D.**, author of *The Wise Heart, A Path with Heart*, and *After the Ecstasy, the Laundry*

"The biggest challenge for any do-it-yourself course is to include exercises that people will actually want to stop and do. In this book, the exercises are skillfully introduced along with spaces that remind the reader, 'This part is up to you to do now!' I think readers will start practicing immediately with confidence that the program will show results."

—**Sylvia Boorstein**, author of *Happiness Is an Inside Job, It's Easier than You Think*, and *That's Funny, You Don't Look Buddhist*

"Bob Stahl and Elisha Goldstein have woven an inspiring tapestry of illuminating insights and practical exercises that can transform your life and even help you build a stronger brain. Inspired by their work as teachers of the research-proven Mindfulness-Based Stress Reduction Program, the authors have provided a step-by-step approach to bringing this scientifically grounded approach into your daily life. Mindfulness has been demonstrated to effectively help us live with less stress, fear, and anxiety and to cultivate more ease, connection, and well-being in our lives. This workbook makes mindfulness understandable and offers a carefully laid-out plan to achieve a healthier and more meaningful life. There is no time like the present to bring these pearls and practices of wisdom into your life. Why not start now?"

—**Daniel J. Siegel, MD**, codirector of the University of California, Los Angeles Mindful Awareness Research Center and author of *Mindsight* and *The Mindful Brain*

"In their wonderful new book, Bob Stahl and Elisha Goldstein have provided each reader with wise, clear, step-by-step guidance for cultivating a personal mindfulness practice and for applying the resulting awareness to the stress and challenges of living. This workbook is a perfect companion to Jon Kabat-Zinn's well-known book, *Full Catastrophe Living*, which is the foundation text for all mindfulness-based stress reduction courses."

—**Jeffrey Brantley, MD, DFAPA**, director of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine

"I found this workbook informative, helpful, and user-friendly. It is filled with pragmatic tools to keep the practitioner on track and would be beneficial to all who read it."

—**Sharon Salzberg**, author of *Lovingkindness, A Heart as Wide as the World*, and *Faith*

"This fine book is about the unburdening of the mind and the release of our inherent wisdom. It breaks the hard sternum of our resistance and opens the lotus of the heart. The method that ends our madness."

—**Stephen Levine**, author of *Who Dies?*, *A Year to Live*, and *Unattended Sorrow*

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Press contact: Lorna Garano, lorna@lornagarano.com, 510-922-9765

"We are such a stressed society that many of us are stressed about how stressed we are. Books abound that give us more information. But *A Mindfulness-Based Stress Reduction Workbook* takes a far more helpful approach. It takes you by the hand and leads you step by step. If you want your life to have greater balance and peace, if you want to live with less stress and more joy, I can't recommend this beautiful offering highly enough."

—**John Robbins**, author of *Healthy at 100*, *Diet for a New America*, and *Reclaiming Our Health*

"This book is an excellent guide to the life-changing practice of mindfulness. In these pages, you will find the missing piece, the hidden truth, and the open secret. Mindfulness saved my life and transformed my world. This workbook offers the key to health, happiness and freedom. Read it, work it, practice it, and be free."

—**Noah Levine, MA**, author of *Dharma Punx* and *Against the Stream*

"What a delight it has been to review this beautifully written, deeply important book that offers readers a path toward a new life balance. For those interested in knowing more about what it is that has excited so many in the fields of medicine, psychology, neuroscience, and education, this book is a mind-opening volume that will clarify the key concepts of mindful meditation. Those who simply want to find ways to reduce stress and anxiety will find it to be an extraordinary aid. Those in a program of mindfulness-based stress reduction will find this book an invaluable addition to their training. *A Mindfulness-Based Stress Reduction Workbook* adds depth to the practice of mindfulness for everyone, from beginning practitioners to experienced teachers of mindfulness stress reduction classes."

—**Marion Solomon, Ph.D.**, director of training at the Lifespan Learning Institute and author of *Love and War in Intimate Relationships*

"This book, along with the CD giving mindfulness meditation guided sessions, provides an excellent overview of how the practice of mindfulness can be a very effective stress reduction intervention."

—**G. Alan Marlatt, Ph.D.**, professor and director of the Addictive Behaviors Research Center at the University of Washington

"Bob Stahl and Elisha Goldstein's *A Mindfulness-Based Stress Reduction Workbook* is a practical, user-friendly guide to mindfulness meditation and stress reduction. If you feel that your life is spinning out of control and you can't get perspective, if you are moving too fast and don't know how to slow down, or if you are starting to have health problems related to stress, this program—which includes an excellent companion CD and access to an innovative online community—is for you. I am thrilled that this clarity, compassion, and wisdom will be available to a greater audience through this exceptional, life-changing guide."

—**Laura Davis**, author of *The Courage to Heal* and *I Thought We'd Never Speak Again*

"This is an incredible resource for anyone who is interested in reducing stress in their lives. We all live in a world where it is easy to feel overwhelmed and discouraged. This workbook and the accompanying audio program is the best resource I know of for helping us stay present and centered when so many forces would push us off balance. I highly recommend it for clients, fellow professionals, and any man or woman who wants to have more comfort, ease, and joy in their lives."

—**Jed Diamond, Ph.D.**, author of *The Irritable Male Syndrome and Male Menopause*

"For anyone drawn to a path of mindfulness, this workbook will provide a clear and accessible companion. Authors Bob Stahl and Elisha Goldstein expertly guide readers through a rich assortment of mindfulness practices and reflections, providing invaluable tools for handling stress and living life with presence and heart."

—**Tara Brach, Ph.D.**, author of *Radical Acceptance*

"Bob Stahl and Elisha Goldstein have done a superb job bringing the cultivation of mindfulness to life in their excellent workbook. This workbook is a tremendous resource for those wanting to develop greater health, vitality, and peace. I highly recommend it."

—**Shauna L. Shapiro, Ph.D.**, coauthor of *The Art and Science of Mindfulness*

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