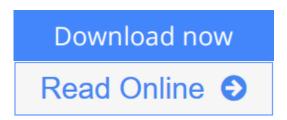


# The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion (New Harbinger Self-Help Workbook)

By Thomas Roberts LCSW LMFT



The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion (New Harbinger Self-Help Workbook) By Thomas Roberts LCSW LMFT

Mindfulness is a powerful antidote to stress, anxiety and panic, chronic pain, depression, obsessive thinking, out-of-control emotions, and many other physical and mental health conditions. This ancient Buddhist technique can help anyone who struggles with fears, worries, and distractions refocus on the present moment and live happily, here and now.

The Mindfulness Workbook is a step-by-step instruction book that guides you through simple practices that enable you to experience mindfulness not as a distant experience or concept, but as an attainable state of being in the world. You will discover the effectiveness of breath work, mindful eating, and thoughtwatching, and begin reaping the benefits of mindfulness right away. Over time, you will begin to notice that these small changes can bring about a bigger transformation, enhancing your sense of fulfillment and calm.



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#### **Editorial Review**

Review

From the Publisher

The Mindfulness Bookis a workbook designed to introduce readers to the basic concepts behind mindfulness. The book guides readers through ten different experiences, such as spaciousness, thought watching, and mindful breathing, which will help them to dissolve distractions and reap the benefits of mindfulness.

About the Author

Thomas Roberts, LCSW, LMFT, has a private practice in Onalaska, WI, where he is a psychotherapist and clinical hypnotherapist. He is also an adjunct faculty member in the department of psychology at Viterbo University in La Crosse, WI. Roberts has more than thirty years of experience in both clinical psychotherapy and personal Buddhist mindfulness practice. He is a licensed clinical social worker, marriage and family therapist, and addictions counselor. Thomas regularly presents at trainings, workshops, and retreats at the local, regional, and national levels.

#### **Users Review**

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