MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction. The mindfulness strategies in this audiobook are inspired by mindfulness-based stress reduction (MBSR), a clinically proven program developed by Jon Kabat-Zinn. Research has shown that MBSR is effective in alleviating a number of health and mental health conditions, including stress, anxiety, panic, depression, chronic pain, and more. This important book works wonderfully on its own or can be used in conjunction with A Mindfulness-Based Stress Reduction Workbook. If you are ready to permanently change the way you handle stress, gain powerful inspiration, and live more fully in the moment, this Mindfulness-Based Stress Reduction: The Mbsr Program for Enhancing Health and Vitality. Linda Myoki Lehrhaupt. 5.0 out of 5 stars 2. Paperback. "This book shows us the heart of mindfulness. It reveals how the power of being present, the deepening of our own awareness, and the building of our own resiliency will help us thrive in our ever-changing and growingly complicated world. This book will help you settle down and settle in to the deeper and more tenacious part of who you are--the part you have probably been looking for all along." -Tim Ryan, US representative, Ohio, and author of A Mindful Nation. Effective book giving advice on reducing stress through mindfulness practices. I have heard much about mindfulness-based stress reduction so decided to buy this book. Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality. Linda Lehrhaupt. 4.7 out of 5 stars 23. This book shows us the heart of mindfulness. It reveals how the power of being present, the deepening of our own awareness, and the building of our own resiliency will help us thrive in our ever-changing and growingly complicated world. This book will help you settle down and settle in to the deeper and more tenacious part of who you are--the part you have probably been looking for all along. MBSR Every Day will inspire you to be your best self, to live fully, and to stay motivated to just do it and practice mindfulness every day. The Mindful Day Practical Ways to Find Focus, Calm, and Joy From Morning to Evening 30 Days: Change Your Habits, Change Your Life: A Couple of Simple Steps Every Day to Create. 149 Pages 2014 701 KB 66,511 Downloads a couple of small steps every day can change everything. 30 Days is not just a book that you read. The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness. 242 Pages 2017 3.46 MB 31,306 Downloads to overwhelm you. The Stress-Proof Brain offers powerful, comprehensive tools based in mindfulness. The Body Language of Liars From Little White Lies to Pathological Deception - How to See through the Fibs, Frauds, and Falsehoods People Tell You Every Day.