

# Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality, 2017, Linda Lehrhaupt, Petra Meibert, New World Library, 2017, 232 pages, 9781608684809

Objective: Mindfulness-based stress reduction (MBSR) is a structured group program that employs mindfulness meditation to alleviate suffering associated with physical, psychosomatic and psychiatric disorders. The program, nonreligious and nonesoteric, is based upon a systematic procedure to develop enhanced awareness of moment-to-moment experience of perceptible mental processes. The approach assumes that greater awareness will provide more veridical perception, reduce negative affect and improve vitality and coping. In the last two decades, a number of research reports appeared that seem to s Mindfulness-based stress reduction (MSBR) is a psycho-educational program developed by Kabat-Zinn and colleagues at the University of Massachusetts Medical Center. Spanning 8 weeks, the program consists of weekly 2.5 h-long classes and one "day of silence" in between the 6th and 7th weeks. However, effect sizes for increases in positive affect were larger for the mindfulness meditation group. Mindfulness intervention also resulted in significant decreases in distracting and ruminative thoughts. In a recent uncontrolled study that examined the outcomes of a MBSR program with counseling psychology students 24 participants reported declines in negative affect, perceived stress, rumination, and state and trait anxiety. Read Mindfulness-Based Stress Reduction by Linda Lehrhaupt, Petra Meibert with a free trial. Read unlimited\* books and audiobooks on the web, iPad, iPhone and Android. Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality. By Linda Lehrhaupt and Petra Meibert.