



Sheldon Mindfulness: Stress

Lorraine Millard, Philip Cowell

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Stress takes a multitude of forms and, sometimes, is not even recognised as stress at all, but is accepted as the pressures of normal life. This book looks at the different kinds of stress and shows how mindfulness-based interventions can help both identify and deal with it. The aim is not necessarily to get rid of stress, but to use mindfulness to help us respond actively, and with kindness, to our stress.

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