



MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction

By Elisha Goldstein PhD, Bob Stahl PhD

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In the tradition of their highly successful *A Mindfulness-Based Stress Reduction Workbook*, Elisha Goldstein and Bob Stahl present a unique, accessible collection of daily practices to help readers stay grounded in the here and now.

Stress is a part of daily life, but over time it can cause us to feel anxious, irritable, and overwhelmed. So how can you keep stress from getting the best of you and avoid total burnout? The key to maintaining balance in life is to respond to stress with genuine, nonjudgmental awareness of our bodies and minds. Drawing on the ancient wisdom of mindfulness, this practical guide will show you tons of little ways you can overcome stress every day—no matter what life throws your way.

The mindfulness strategies in this book 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 book is the perfect guide.

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- Sales Rank: #56061 in Books
- Published on: 2015-06-01
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .50" w x 5.00" l, .45 pounds
- Binding: Paperback
- 224 pages



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Editorial Review

Review

“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*

“Inviting, wise, and practical. A must-read for those new to mindfulness and longtime MBSR graduates, alike. *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.”

—**Susan Bauer-Wu, PhD, RN**, Tussi and John Kluge Endowed Professor in contemplative end-of-life care at the University of Virginia School of Nursing, and author of *Leaves Falling Gently*

“If you are looking for a practical and easy-to-read guide to applying the wisdom of the mindfulness-based stress reduction (MBSR) program to your everyday life, this book is for you. Elisha Goldstein and Bob Stahl have teamed up to offer an invaluable treasure trove of scientifically proven techniques we can apply to the everyday hassles and challenges of our busy modern lives. I highly recommend this book for novice practitioners, as well as experienced meditators who want to revitalize their practices.”

—**Patricia A. Jennings, MEd, PhD**, associate professor at the Curry School of Education, University of Virginia, and author of *Mindfulness for Teachers*

“With clarity and simplicity, the authors outline practical strategies for living an inspired, connected, and openhearted life—one with balance, steadiness, and wisdom amidst the inevitable joys and sorrows. Highly recommended.”

—**Tara Healey, MEd**, program director of Mindfulness-Based Learning at Harvard Pilgrim Health Care

“Elisha Goldstein and Bob Stahl convey the sweetness and depth that can be found by bringing awareness to the simple activities and experiences of a typical modern life. Beginners and longtime practitioners alike will be inspired by the doorways that lead to deep inner truths.”

—**Megan Cowan**, cofounder of Mindful Schools

“This is a book worth carrying around with you. It’s a rich treasury of easily digestible practices that can help make mindfulness an everyday refreshing habit rather than a dutiful chore. It’s also filled with helpful background research and insightful commentary.”

—**Barry Boyce**, editor-in-chief of *Mindful* (mindful.org)

“Take one amazing program that has brought relief to thousands of people across the planet, add two wise

and warm teachers with deep experience and clarity of expression, blend them together with compassion and practicality, and you have this book: a shining gem that distills the essence of MBSR into simple yet powerful reflections, exercises, and practices. Just as MBSR is a collection of moments, so is this book. Clear, helpful, kindhearted, and practical, *MBSR Every Day* is a valuable guide to anyone who seeks to live a more mindful life.”

—**Steven D. Hickman, PsyD**, clinical psychologist, executive director at the UCSD Center for Mindfulness, and associate clinical professor in the UCSD department of psychiatry

“Authors Goldstein and Stahl teach us how to cultivate a mindful, heartful awareness with great simplicity and mastery. Giving yourself to the practices offered in this clear, wise, easy-to-use book is truly a gift to the soul. Enjoy!”

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

About the Author

Elisha Goldstein, PhD, cofounded the Center for Mindful Living in Los Angeles, CA. He is coauthor of *A Mindfulness-Based Stress Reduction Workbook*, and author of *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*, *The Now Effect: How a Mindful Moment Can Change the Rest of Your Life*, and *Mindfulness Meditations for the Anxious Traveler*. He developed the Mindfulness at Work™ program recognized by the National Business Group on Health for its success in stress management, the Mindful Compassion Cognitive Therapy (MCCT) program, and the premier eCourse *Basics of Mindfulness Meditation*, and codeveloped CALM (Connecting Adolescents to Learning Mindfulness) with his wife Stefanie Goldstein, PhD. He is a clinical psychologist in private practice in West Los Angeles, CA.

Bob Stahl, PhD, has founded seven mindfulness-based stress reduction programs at medical centers in the San Francisco Bay Area and is currently offering programs at Dominican Hospital in Los Gatos and El Camino Hospital in Mountain View. Stahl serves as a senior teacher for the Oasis Institute for Mindfulness-Based Professional Education and Training at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Stahl is coauthor of *A Mindfulness-Based Stress Reduction Workbook*, *Living with Your Heart Wide Open*, *Calming the Rush of Panic*, and *A Mindfulness-Based Stress Reduction Workbook for Anxiety*. He is the guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock.

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Michelle Gilbert:

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