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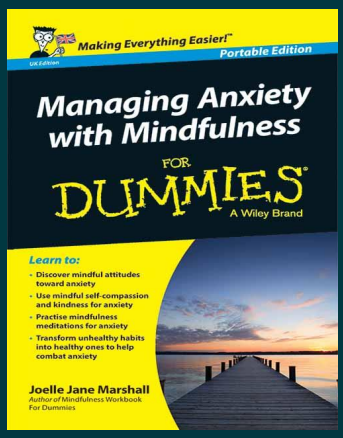

Managing Anxiety with Mindfulness for Dummies

By Joelle Jane Marshall

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Description

Managing Anxiety with Mindfulness for Dummies is a practical guide to overcoming your worries and minimising anxiety using mindfulness techniques. The National Health Service and the National Institute for Care and Excellence recommend mindfulness as a legitimate treatment for anxiety and its also been proven to alleviate stress, depression, low self-esteem, and insomnia. This book explains the benefits of mindfulness and how it can help you face your fears and defeat persistent, irrational worries. Learn how to break the anxiety cycle with an optimistic approach, live in the present moment and manage your thoughts using the fundamental techniques of mindfulness therapy.

About the Author

Joelle Jane Marshall

Joelle Jane Marshall is a freelance speaker and mindfulness coach who works closely with fellow Mindfulness For Dummies coauthor Shamash Alidina on workshops for 'Mindfulness and Overcoming Fear'. She trained in mindfulness with Shamash and meditates and practices yoga regularly.

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