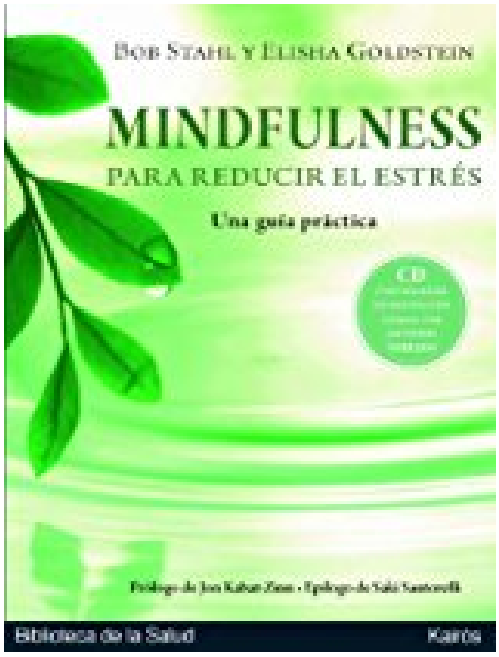

Mindfulness Para Reducir el Estres: Una Guia Practica

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Mindfulness Para Reducir el Estres: Una Guia Practica

Bob Stahl PhD, Elisha Goldstein PhD

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Looking to counteract the daily stress that can leave so many individuals irritable, tense, overwhelmed, and burned-out, this workbook advocates reacting to that stress not with frustration and self-criticism but with mindful, nonjudgmental awareness of the body and mind. The book describes a number of formal and informal practices that readers can engage in while eating, walking, meditatingeven while breathingand includes lessons focused on subjects such as anxiety, the body, and fear. The manual includes an audio CD with guided meditations that will help readers apply the practices to heal body and mind and restore sanity and balance to their lives and relationships.

Buscando contrarrestar el estres diario que puede llevar a tantas personas a sentirse irritables, tensas, abrumadas y agotadas, este manual sugiere afrontarse a ese estres no con frustracion y autocritica, pero con una conciencia sin prejuicios del cuerpo y de la mente. El libro describe una variedad de practicas formales e informales que los lectores pueden aplicar mientras comen, caminan, meditanaun mientras respirane incluye lecciones que se enfocan sobre temas como la ansiedad, el cuerpo y el miedo. El libro incluye un audio CD con meditaciones guiadas que les ayudaran a los lectores implementar las practicas al fin de sanar el cuerpo y la mente y restaurar la sensatez y el equilibrio a sus vidas y relaciones."

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271 pages

About the Author

Bob Stahl is the founder of seven mindfulness-based stress reduction (MBSR) programs in medical centers throughout the San Francisco Bay area and has been certified as an MBSR instructor by the University of Massachusetts Medical Center. He lives in the San Francisco Bay area. **Elisha Goldstein** is a certified psychologist and a teacher of MBSR programs through his private practice. He has been published in the *Journal of Clinical Psychology* and quoted by the *New York Daily News*, NPR, and Reuters. He lives in Los Angeles. **Jon Kabat-Zinn** is the founder and director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as the founder of the Stress Reduction Clinic. He is the author of several books on mindfulness, including *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. He lives in Lexington, Massachusetts. **Saki Santorelli** is the executive director of the Center for Mindfulness in Medicine, Health Care, and Society; the director of the Stress Reduction Clinic; an associate professor of medicine in the division of preventive and behavioral medicine at the University of Massachusetts Medical School; and the author of *Heal Thyself: Lessons on Mindfulness in Medicine*. He lives in the Boston area.

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