



Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic

Jeffrey Brantley, Jon Kabat-Zinn

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Clinical research has demonstrated the effectiveness of a spiritual approach to controlling fear, anxiety and panic. The approach in this book has been developed specifically to practice mindfulness as stress reduction and health enhancement technique. This health oriented mindfulness approach is known as Mindfulness-Based Stress Reduction, used by thousands of people for over 20 years. Readers learn to become more present to their experience of their own life, develop vital skills for calming and relaxing the mind and body.

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