



The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology)

Daniel J. Siegel M.D.

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Bringing mindfulness techniques to your psychotherapeutic work with clients.

An integrated state of mindful awareness is crucial to achieving mental health. Daniel J. Siegel, an internationally recognized expert on mindfulness and therapy, reveals practical techniques that enable readers to harness their energies to promote healthy minds within themselves and their clients. He charts the nine integrative functions that emerge from the profoundly interconnecting circuits of the brain, including bodily regulation, attunement, emotional balance, response flexibility, fear extinction, insight, empathy, morality, and intuition.

A practical, direct-immersion, high-emotion, low-techno-speak book, *The Mindful Therapist* engages readers in a personal and professional journey into the ideas and process of mindful integration that lie at the heart of health and nurturing relationships.

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