



# Mindfulness: Living Through Challenges and Enriching Your Life In This Moment

*Richard W. Sears*

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*Mindfulness: Living Through Challenges and Enriching Your Life In This Moment* shows how the ancient practice of mindfulness can help us live a fuller and more enriching life.

- Presents material through a balance of clinical case work with the author's personal stories of the Dalai Lama, ninja, and Zen Buddhism
- Reveals ways that mindfulness can be applied to modern problems based on psychological principles and evidence-based programs
- Shows how to apply mindfulness principles to a variety of problems, including stress, anxiety, depression, chronic pain, and more
- Provides guidelines for readers to conduct their own mindfulness training sessions at home

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