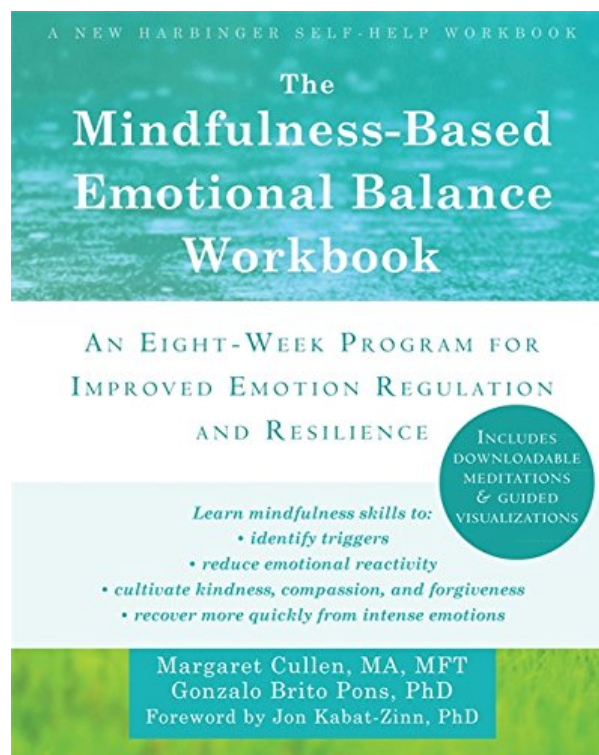


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MEDITATIONS
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Learn mindfulness skills to:

- *identify triggers*
- *reduce emotional reactivity*
- *cultivate kindness, compassion, and forgiveness*
- *recover more quickly from intense emotions*

Margaret Cullen, MA, MFT
Gonzalo Brito Pons, PhD
Foreword by Jon Kabat-Zinn, PhD

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“In an increasingly topsy-turvy world, finding emotional balance is more important than ever—and Margaret Cullen and Gonzalo Brito Pons show you how, walking with you step-by-step, drawing on brain science, ancient wisdom, and the power of mindfulness. Comforting and powerful, down-to-earth and profound, this book is a clear path from stress, frustration, and irritation to calm strength, happiness, and inner peace.”

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Experiencing emotions is a part of the richness of life. But sometimes emotions can get in the way of our health and happiness. Suppressing strong feelings like fear, anger, and resentment isn't the answer—in fact, doing so can lead to a host of physical problems, from a weakened immune system to heart disease. On the other hand, overreacting in the heat of the moment can be detrimental to relationships. So, how can you ride even the strongest waves of emotion without causing harm to yourself or others?

This workbook offers a breakthrough, eight-week program using emotion theory and mindfulness-based techniques to help you manage the overwhelming thoughts and feelings that cause you pain. You'll learn to approach your emotions without judgment, understand their source, and foster forgiveness and kindness toward both yourself and others. Instead of trying to bury feelings or lashing out and hurting relationships, you'll learn how to cultivate emotional balance using this powerful program.

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- Published on: 2015-09-01
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- Number of items: 1
- Dimensions: 9.90" h x .50" w x 7.90" l, .0 pounds
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- 216 pages

Review

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Concise, Practical and Wise

By Wendulous

Finally, a concise, practical and wise "how to" manual for applying the age--old techniques of mindfulness to navigating the challenges of the emotional life. Drawing on their considerable personal and professional experience and using a variety of universally relatable examples to illustrate the pitfalls of the unattended emotional life, Margaret Cullen and Gonzalo Brito Pons offer a clear step-by-step approach which gently but surely guides the reader along the path toward emotional balance. An invaluable contribution to the literature on mindfulness, this book is destined to become a classic!

6 of 6 people found the following review helpful.

and is highly recommended for anyone who

By Thomas Lane

Yes, indeed. Why another book on mindfulness, a practice that has now gone mainstream? If mindfulness is a way of dealing with our experience differently and more skillfully, which it is, then this is the first mindfulness book I know of--and I've read a lot of them--that deals specifically with one of the most important and sometimes neglected components of our experience: emotion. This is particularly neglected in popular books that introduce mindfulness into business contexts, such as the high-tech industry. But anyone who's ever worked in an office, or indeed worked at all, knows what an emotional experience work can be and often is. Mindfulness isn't all about productivity, although granted this can be a side benefit!

I just hope that this book finds the audience it richly deserves. Margaret Cullen and Gonzalo Brto Pons between them have decades of very different experience practicing and teaching this material, and their depth of understanding comes through in their clarity. What I especially appreciate, and again have not seen before, is the way they mix practices that deal with the entire spectrum of emotion, from ways of dealing with such difficult emotions as anger and fear, to ways of cultivating such beneficial emotions as compassion and lovingkindness. For all its brevity, the book covers its bases, and is highly recommended for anyone who, like me, could use more emotional balance in their lives.

8 of 9 people found the following review helpful.

Wisdom distilled and made practical

By M. L. Reynolds

Was not at all sure the world needed another Mindfulness book until I got this. Margaret Cullen and Gonzalo Brito Pons have produced a clear and practical path to improve my emotional balance that I believe is already taking hold in the first five days I have had the book. I'll add more as my learning progresses.

My learning has progressed and I am making a strong recommendation to use the downloadable guided meditations provided through the publisher's link. They are easy to download once you read the instructions carefully (which I failed to do). I am currently working with the forgiveness chapter and the download is very supportive.

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