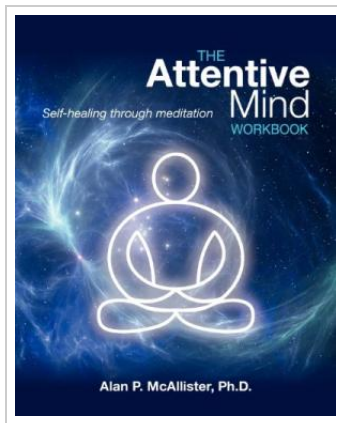




The Attentive Mind Workbook: Self-Healing Through Meditation

By Alan P. McAllister

Attentive Mind Press. Paperback. Condition: New. 162 pages. Dimensions: 9.9in. x 8.0in. x 0.8in. A step-by-step guide to developing a meditation practice directed at self-healing, personal growth, and the creation of positive emotions. Meditation is a means of cultivating attention that has been rediscovered by modern psychological science as a tool for self-discovery and self-healing. Its techniques and insights are increasingly employed in therapy for individuals with many forms of mental suffering, from stress to serious mental disorders. This workbook is designed as a self-help guide based on one of the most thoroughly studied meditation traditions, variously known as insight meditation, mindfulness meditation, and Vipassana. The goals of this workbook are to: Understand the scientific rationale for each meditation technique. Experience for yourself the value of each technique guided by detailed instructions. Develop greater skills in attending to the present moment and generating positive emotions. Establish a meditation practice that can lead to liberation from mental suffering and the creation of happiness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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