



## Anxiety and Depression: Sheldon Mindfulness

By Cheryl Rezek

SPCK Publishing, United Kingdom, 2016. Paperback. Book Condition: New. 190 x 130 mm. Language: English . Brand New Book. This research-based book provides an introduction to mindfulness, the concepts and theory behind it and how it can help manage not only anxiety, but a number of physical and emotional issues. It includes step-by-step practices to manage your anxiety and depression, and links to an audio download of guided meditations. Topics include: \* Understanding anxiety and mindfulness \* No magic pills \* How did I get to be like this? \* Anxiety and depression in context \* The stress response \* Breaking the cycle \* Effects of mindfulness on the brain \* Working with, not against yourself \* Fire-fighting anxieties and depression \* Moving forwards - take care.



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