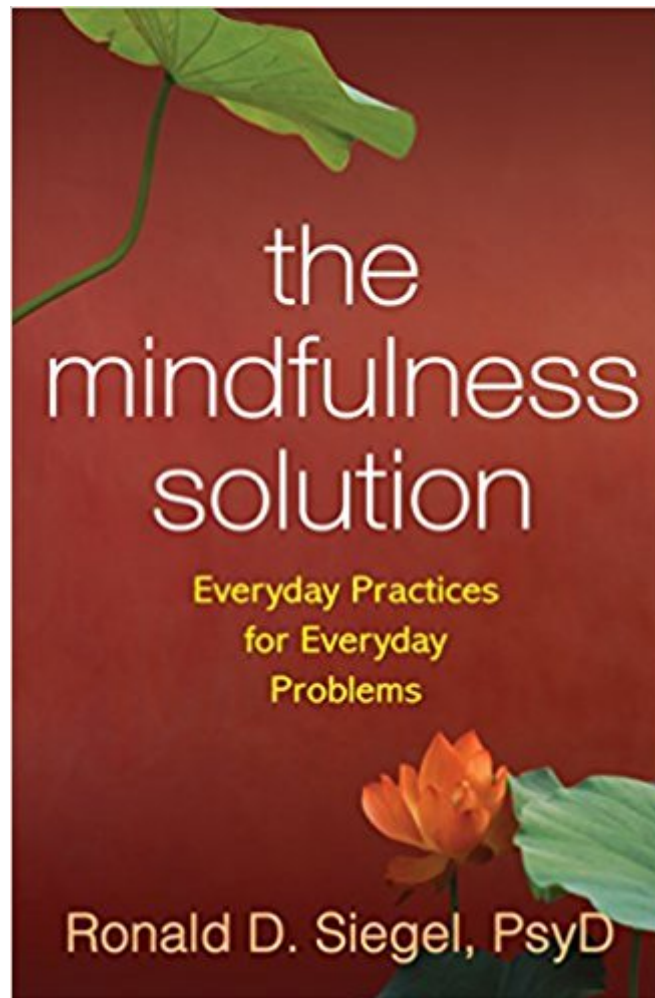




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# The Mindfulness Solution: Everyday Practices For Everyday Problems



## Synopsis

Mindfulness offers a path to well-being and tools for coping with life's inevitable hurdles. And though mindfulness may sound exotic, you can cultivate it--and reap its proven benefits--without special training or lots of spare time. Trusted therapist and mindfulness expert Dr. Ronald Siegel shows exactly how in this inviting guide. You'll get effective strategies to use while driving to work, walking the dog, or washing the dishes, plus tips on creating a formal practice routine in as little as 20 minutes a day. Flexible, step-by-step action plans will help you become more focused and efficient in daily life; cope with difficult feelings, such as anger and sadness; deepen your connection to your spouse or partner; feel more rested and less stressed; curb unhealthy habits; find relief from anxiety and depression; and resolve stress-related pain, insomnia, and other physical problems. Free audio downloads of the meditation exercises are available at the author's website: [www.mindfulness-solution.com](http://www.mindfulness-solution.com). Start living a more balanced life--today.

## Book Information

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## Customer Reviews

"Dr. Siegel offers us an abundance of exercises, transformative practices, and the skillful means to live a mindful life of conscious awareness and meaningful connection. I applaud and recommend his unique perspective, gleaned from a life of meditation and psychotherapeutic practice and research. This wonderful book is a real contribution to the field of happiness studies and spiritual development."--Lama Surya Das, author of *Awakening the Buddha Within* "Talk of 'mindfulness' brings up images of monks spending years on end doing something mysterious. But Dr. Siegel

shows how to bring the simple wisdom of acceptance and mindfulness into the everyday actions of ordinary living. Gentle, genuine, and wise, this book coaxes, cajoles, and guides the reader into looking with clear eyes at how we humans get in our own way, and provides simple, powerful, step-by-step methods for learning how to live the kind of lives we want."--Steven C. Hayes, PhD, author of *Get Out of Your Mind and Into Your Life* "Down-to-earth and helpful, Dr. Siegel offers genuinely practical training in the transformative art of mindfulness."--Jack Kornfield, PhD, author of *The Wise Heart* "This clear and practical guide can help you discover your own potential to develop mindfulness. It offers guidance for building a formal meditation practice as well as tools for coping in everyday life."--Sharon Salzberg, author of *Lovingkindness* "In your hands is a readily accessible book that can walk you step by step to a better life. Being present in the moment with acceptance is more than just a practice--it is a key research-proven strategy that promotes health in the body, in the mind, and in our relationships with one another. Now is the time--and here is the invitation--to step into a new way of being that can reduce anxiety, stress, and fear, and enhance joy, gratitude and well-being in your life."--Daniel J. Siegel, MD, author of *Mindsight* "Mindfulness is an innate capacity that, when cultivated, can awaken us to true health and happiness. Dr. Siegel's book is a clear and comprehensive guide for anyone who wants to apply the power of mindful awareness to challenging emotions, physical pain, or relational difficulties. Filled with wisdom that is both practical and deep, this book is an invitation to live the real moments of our life with presence and heart."--Tara Brach, PhD, author of *Radical Acceptance* "Both accessible and persuasive in showing how mindful awareness can help us take care of ourselves and stay centered as we navigate life's inevitable challenges."--Zindel V. Segal, PhD, coauthor of *The Mindful Way through Depression* "The direct and readable style of *The Mindfulness Solution* quickly engaged me. The book has a manual-type format that may be followed by anyone wanting to teach themselves how to establish a mindfulness practice from first principles, along with plenty of new ideas and in-depth exploration to interest experienced practitioners....This wise book offers a fresh and helpful approach to both people who want to begin to practise mindfulness and to those with an already established practise." (*Healthcare, Counselling, and Psychotherapy Journal* 2009-11-11) "The style is engaging and chatty, and the author recounts some surprisingly personal anecdotes. This makes the book easy to read....The practical advice...is extremely thorough and clearly draws on the author's extensive personal and clinical experience of mindfulness practice. It is full of useful tips....Each chapter ends with advice on seeking further help, and with a menu of suggested practices....This thorough menu of practices for different circumstances is where the book will be most useful to clinicians; for clients, its highlight may be the accompanying website with audio

versions of many of the practices." (The Psychologist 2009-11-11)"Offers strategies and practical solutions so that both formal and informal practices can be integrated into a person's routine, customized for their particular set of circumstances. It is a self-help book that comes with a web link to downloadable audio recordings of Dr. Siegel guiding practices....This is a friendly and useful resource for people interested in exploring the concept of as a way to better their mental or physical health. I think it also has some valuable ideas for the therapist who is interested in integrating some of the explanations and exercises with his or her client....I had never thought before about how one could incorporate practice as part of individual therapy. I appreciated the examples throughout the book to see how a therapist could work individually with a client by building a tailored toolkit for that client's preferences." (Mindfulness 2009-11-11)

Ronald D. Siegel, PsyD, is Assistant Clinical Professor of Psychology, part time, at Harvard Medical School/Cambridge Health Alliance, where he has taught for over 25 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and psychotherapy and mind-body treatment, has worked for many years in community mental health with inner-city children and families, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel is coauthor of the self-treatment guide *Back Sense*, which integrates Western and Eastern approaches for treating chronic back pain, and coeditor of an acclaimed book for professionals, *Mindfulness and Psychotherapy*. Dr. Siegel lives in Lincoln with his wife and daughters. He regularly uses the practices in this book to work with his own busy, unruly mind.

Have just started reading this book but am already practicing the meditations he suggested. Have already noticed a difference in me.

This book is distilled from Ron Siegel's experience. It is like he were talking with you. The book shows how to utilize mindfulness in different areas of your life, coupled with Ron's experience as a psychologist in a very simple and understandable language. It is a really useful book.

The exercises in the book are excellent. I especially appreciate the free guided meditations on the website. One that is quite challenging for me, but really pays off is the Stepping into Fear meditation. This is the best book I have seen for helping with anxiety and stress.

I was interested in learning about mindfulness and how to use it with my clients. The first part of the book describes mindfulness and how to make it a part of everyday life. The rest of the book addresses specific problem areas and how mindfulness can be used. I liked the sections at the end of the chapters where there were specific techniques given for each problem area.

I have read a number of books on mindfulness but none has offered more practical advice than The Mindfulness Solution by Ronald Siegel. I also purchased the Great Books title by Ronald Siegel which offers basically the same content. Now I can reinforce what I am reading through the audio tape.

In a field with many options, I was happy to find this resource. It is a thorough (at least in my opinion) description of the concepts of mindfulness practice and gives specific directions on how to apply them to the common problems that many people are facing. I have tried several of their practices and found them to be very beneficial. I would highly recommend it for those ready to jump in and begin their own mindfulness practices.

Great Book. My psychologist actually recommended this and obviously as it says the mindfulness solution, is all about being mindful of what you are doing and where you are. For instance, how many people do you have a shower with? Who and what is on your mind in that shower. Are you thinking about how the water feels on your body. Think of nothing else in the shower about you and the comfort of that shower, not the problems you have. Great prompt delivery from and excellent condition.

In seeking good understanding for yoga mindfulness... I found this to be a good resource

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