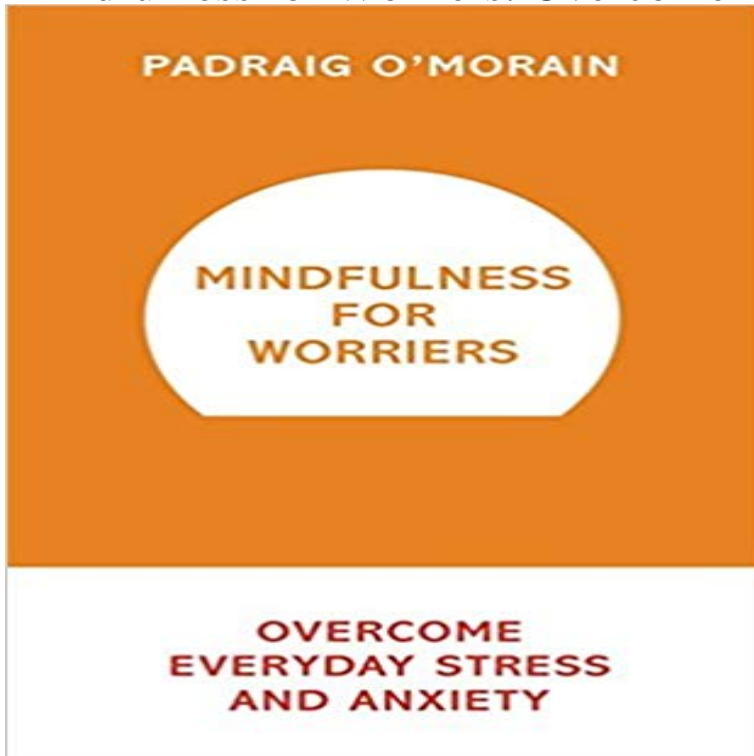


Mindfulness for Worriers: Overcome Everyday Stress and Anxiety



This accessible book provides readers with mindfulness-based techniques to reduce worry, anxiety, stress and panic attacks. It will help readers deal with anxiety-inducing episodes by learning to accept and overcome strong emotions without getting caught up in negative and damaging thoughts. Aimed at anyone who is stressed or anxious, as well as people suffering from more extreme levels of anxiety, the book will provide the scientific evidence behind the effectiveness of mindfulness as well as lots of practical advice on how to quiet an anxious, racing mind.

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