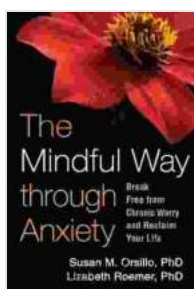


# The Mindful Way Through Anxiety: A Proven Approach for Managing Stress and Finding Peace

Anxiety is a common experience that can affect people of all ages. It can cause a variety of symptoms, including racing thoughts, shortness of breath, sweating, and muscle tension. While anxiety can be debilitating, it is important to know that it is treatable.



## The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life by Susan M. Orsillo

★★★★☆ 4.6 out of 5

Language : English  
File size : 1184 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 321 pages



One of the most effective ways to manage anxiety is through mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. It can help you to become more aware of your thoughts and feelings, and to respond to them in a more skilful way.

*The Mindful Way Through Anxiety* is a comprehensive and evidence-based guide to overcoming anxiety. This book will teach you how to use mindfulness techniques to manage your stress and find peace. The book is

written by Susan M. Orsillo, a clinical psychologist who has over 20 years of experience in treating anxiety disorders.

In *The Mindful Way Through Anxiety*, you will learn:

- The basics of mindfulness and how it can help you manage anxiety
- A variety of mindfulness techniques that you can use to reduce stress and anxiety
- How to apply mindfulness to different aspects of your life, such as work, relationships, and sleep
- How to overcome common obstacles to mindfulness

If you are struggling with anxiety, *The Mindful Way Through Anxiety* can help you to find relief. This book will teach you how to use mindfulness to manage your stress and find peace.

### **What Others Are Saying About *The Mindful Way Through Anxiety***



***“The Mindful Way Through Anxiety is a comprehensive and evidence-based guide to overcoming anxiety. This book is a must-read for anyone who is struggling with anxiety.” - John Teasdale, PhD, Professor of Clinical Psychology at the University of Oxford***



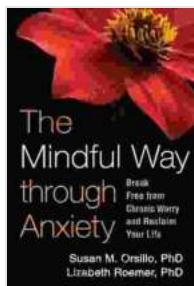
***““Dr. Orsillo has written a clear and concise guide to using mindfulness to overcome anxiety. This book is a valuable resource for anyone who wants to learn more about mindfulness and how it can help them to manage their anxiety.” - Judson Brewer, MD, PhD, Associate Professor of Psychiatry at Brown University”***



***““The Mindful Way Through Anxiety is an invaluable resource for anyone who is struggling with anxiety. This book will teach you how to use mindfulness to manage your stress and find peace.” - Tara Brach, PhD, author of Radical Acceptance”***

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