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The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

Donald Altman

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Donald Altman
A Complete Guide to Mindfulness Tools for Clinicians

At last, an authoritative book filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

Featuring over 40 easy to use, reproducible handouts and expertly crafted, guided scripts—such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind with sense grounding, expanding a client's strength narrative, the stress pause S-T-O-P technique, and meditations for peace, acceptance, and re-envisioning pain—this book is ideal for clinicians wanting to integrate mindfulness into their work.

PRAISE FOR THE MINDFULNESS TOOLBOX:
"The ceaselessly creative Donald Altman, in his never-ending quest to make mindfulness practice accessible to anyone motivated to learn it, has once again broached new ground in elaborating simple, useful techniques for applying mindfulness in everyday life. The Mindfulness Toolbox is a veritable wonderland of user-friendly implements of mindfulness practice, all laid out to maximize a new (and maybe not-so-new) practitioner's ability to effectively use applied mindfulness. The Mindfulness Toolbox will be a tremendous aid and benefit to all people who practice and teach mindfulness.
Jeffrey M. Schwartz, M.D., author of *Brain Lock* and *You Are Not Your Brain*

Donald Altman's newest book, The Mindfulness Toolbox, is an important work for how it will reduce emotional and physical suffering in the world. Highly practical and well-organized, the book tackles the key areas of stress, anxiety, depression, and pain. The evident care and attention given to the guided scripts and handouts will help build the therapeutic relationship with patients—all the while guiding them gently and persistently toward a more expansive awareness and a deepened sense of self-compassion and self-acceptance. I highly recommend it.
Christopher Kennedy Lawford, best-selling author, *Symptoms of Withdrawal*, *Recover to Live*, and *What Addicts Know*

In an era of high popularity for anything labeled with the word "Mindfulness", Altman has written a user-friendly and practical book that is as fun to read as it is helpful. He provides great handouts and suggestions for how to describe mindfulness to clients so that they can gain peace of mind when feeling anxious and optimism in the face of depression. Highly recommended.

John B. Arden, Ph.D., author of *The Brain Bible*

Mindfulness has swept through the mental health profession in the past several decades and plays a major role in important modalities such as DBT, ACT, Mindfulness-Based Cognitive Therapy for Depression,

Mindfulness-Based Relapse Prevention and others. Whether or not you are trained in any of these modalities, The Mindfulness Toolbox by Donald Altman is the resource you need to strengthen your use of mindfulness with a wide variety of clients. His new book presents a comprehensive set of highly practical, effective techniques, tools and handouts that will enable you to skillfully utilize mindfulness in your clinical work. The easy-to-use interventions for anxiety, depression, stress and pain are described in clear language that reflects the kindness and beauty of mindfulness.
Terry Fralich, LPC, JD, author of *The Five Core Skills of Mindfulness* and *Cultivating Lasting Happiness*

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From reader reviews:

Angela Gagne:

The feeling that you get from The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain will be the more deep you looking the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to know but The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain giving you enjoyment feeling of reading. The article writer conveys their point in particular way that can be understood by simply anyone who read it because the author of this book is well-known enough. That book also makes your own personal vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this specific The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain instantly.

Loren Parker:

Reading a book to get new life style in this 12 months; every people loves to learn a book. When you study a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, mainly because book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you would like get information about your examine, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, as well as soon. The The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain will give you new experience in reading a book.

Carol Wells:

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Annie Resnick:

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