

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

By Donald Altman

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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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Editorial Review

Review
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This is a must-have book for every therapist using mindfulness approaches with clients. From the 10 'Tips' thru the 40 'Tools', Donald Altman shares his considerable wisdom, along with a sense of respect for both the client -- and the therapist. At the same time, the material is presented in a light and very usable style, from the clear outlines to the many client handouts. --**Jean L. Kristeller, PhD**, research and clinical psychologist, and developer of Mindfulness-Based Eating Awareness Training (MB-EAT)

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About the Author
Donald Altman, M.A., LPC, is a psychotherapist, award-winning writer, former Buddhist monk, and teacher. An adjunct professor at Lewis and Clark Graduate School of Education and Counseling, he is also a faculty member of the Interpersonal Neurobiology program at Portland State University and teaches various classes blending mindfulness and Interpersonal Neurobiology. A prolific writer whose career spans more than 25 years, Donald has authored several pioneering books on mindfulness, beginning with his 1998 Art of the Inner Meal. His book The Mindfulness Code was named as One of the Best Spiritual Books of 2010. He has also authored *Meal by Meal*, *Living Kindness* and his newest book *One Minute Mindfulness*. In addition to his books, Donald was a staff writer for an EMMY-Award winning children s television (The Magic Door , CBS, Chicago), won an American Medical Writer s Association Award, co-created the first interactive comic strip on America Online, and has had articles appear in New Age Journal, the Los Angeles Times, and Independent Business Magazine, among others. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches

mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives. Donald is also a member of the Burma Buddhist Association. An avid motorcyclist, he enjoys riding his motorcycle along the beautiful Oregon coast.

Users Review

From reader reviews:

Sam Holmes:

The book The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a very important thing like a book The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain? A few of you have a different opinion about reserve. But one aim which book can give many information for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or data that you take for that, you could give for each other; you can share all of these. Book The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain has simple shape however, you know: it has great and big function for you. You can search the enormous world by open and read a guide. So it is very wonderful.

Robert Beck:

Do you among people who can't read enjoyable if the sentence chained within the straightway, hold on guys this aren't like that. This The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain book is readable by simply you who hate those perfect word style. You will find the details here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to offer to you. The writer involving The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain content conveys objective easily to understand by many people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you nonetheless thinking The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain is not loveable to be your top checklist reading book?

Candace Edwards:

A lot of people always spent their particular free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you read you can spent all day every day to reading a guide. The book The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book has high quality.

Mary Gonzalez:

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