



Mindfulness-Based Stress Reduction: The Mbsr Program for Enhancing Health and Vitality

Linda Lehrhaupt , Petra Meibert

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The originator of the much studied and much proven eight-week Mindfulness-Based Stress Reduction (MB....

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Endorsements:

“Arguably the most concise and revealing description of MBSR to date, this book is the precious fruit of the authors’ decades of experience teaching MBSR.” — Christopher Germer, PhD, cofounder of the Center for Mindful Self-Compassion and author of *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*

“I am grateful that this book is now available as a skillful gateway into MBSR, mindfulness, and one’s own life in the face of stress, pain, illness, and the human condition itself.” — Jon Kabat-Zinn, founder of MBSR and author of *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*

“A clear compass for anyone interested in enhancing health and wellness by engaging with the practices and principles of MBSR. . . Ultimately, it is a guide for all who choose to live with greater awareness and compassion.” — Florence Meleo-Meyer, MS, MA, coauthor of *A Mindfulness-Based Stress Reduction Workbook for Anxiety* and director of the Train-the-Trainer Program at Oasis Institute, University of Massachusetts Center for Mindfulness

“Written in a beautifully accessible style, this book will become a vital companion to those who follow its wise guidance.” — Mark Williams, emeritus professor of clinical psychology at the University of Oxford and coauthor of *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*

Ryan says

A good introduction to what someone might experience if they take an MBSR course. Also a good motivator for someone who might benefit from MBSR and an intro to mindfulness. Enjoyable and useful to some but not much new to me. Also didn’t like how many of the quotes at the start of chapters came from one of the authors. Seems odd to be quoting yourself in your own book.
