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Cedar Koons, a gifted writer, inspiring mindfulness practitioner, and dialectical behavior therapy (DBT) master, is just that person, and her book, *The Mindfulness Solution for Intense Emotions*, is just the road map many of us need to begin or strengthen our own mindfulness practice. Cedar's deep wisdom about mindfulness and DBT resonates throughout each page--through story, vignette, explanation, and practical exercises.

*The Mindfulness Solution for Intense Emotions: Take ...*

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*The Mindfulness Solution for Intense Emotions: Take ...*

Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all.

*The Mindfulness Solution for Intense Emotions: Take ...*

The mindfulness solution for intense emotions : take control of borderline personality disorder with DBT. Cedar R Koons & Marsha M Linehan. A guide to using dialectical behavior therapy for out-of-control emotions.--. Abstract: The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions.

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The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior

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therapy (DBT) to help you move past harmful emotions. If you suffer from intense emotions, you are not alone.

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The Mindfulness Solution: Everyday Practices for Everyday Problems  
Mindfulness offers a path to well-being and tools for coping with life's inevitable hurdles. And you can cultivate it—and reap its proven benefits—without special training or lots of spare time.

*mindfulness-solution.com landing page - Dr. Ron Siegel*

The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT by Koons, Cedar R. at AbeBooks.co.uk - ISBN 10: 1626253005 - ISBN 13: 9781626253001 - New Harbinger - 2016 - Softcover

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drawn from diale...

Millions of Americans suffer from emotion regulation disorders, such as borderline personality disorder (BPD), post-traumatic stress disorder (PTSD), and severe depression. Developed by foreword writer Marsha Linehan, dialectical behavior therapy (DBT) is a clinically proven, evidence-based treatment for intense emotions. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help readers move past harmful emotions and experience self-acceptance."

Offers advice for achieving happiness and dealing with life's obstacles through mindfulness, with strategies for cultivating this state of mind and setting up a formal daily practice routine.

Your mood, thoughts, and emotions can affect your perception of pain and even your ability to heal. In fact, your past life experiences influence your current physical challenges: "your biography influences your biology." While treatments like medication and physical therapy can be enormously beneficial to the body, to maximize pain relief, it's necessary to take advantage of the mind's healing abilities. The Mindfulness Solution to Pain offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps you harness your mind's power to quiet your pain and put you in control. Mindfulness practice, which includes stationary meditations, movement meditations, mindful art, and other strategies, will help you:  
Understand how emotions and thoughts affect physical symptoms  
Reverse the debilitating effects of some chronic pain conditions  
Prevent pain from becoming chronic or long-term  
Lift the anxiety and depression that may accompany chronic pain

When you have difficulties managing your emotions, it can feel like you're losing control of your whole life. Anger, hurt, grief, worry, and other intense feelings can be overwhelming, and how you react to these emotions can impact your ability to maintain relationships, succeed at work, or even think straight! If you find it difficult to understand, express, and process intense emotions—and most of us do—this book is for you. *Calming the Emotional Storm* is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations. By practicing these skills, you can stop needless emotional suffering and develop the inner resilience that will help you weather any emotional storm. This book will teach you how to:

- Establish a balanced life for an everyday sense of well-being
- Let go of unwanted worries and fears
- Become better at accepting yourself and others
- Work through a crisis without letting emotions take over

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If you are like many others living with borderline personality disorder (BPD), you know what it's like to be overwhelmed by intense and fluctuating emotions; to have difficulty with relationships; and to constantly struggle with troubling thoughts and behaviors. BPD can be especially difficult to treat, though there are ways to gain control over your symptoms and live a happier, healthier life. Expanding on the core skill of dialectical behavior therapy (DBT), *Mindfulness for Borderline Personality Disorder* will help you target and successfully manage many of the familiar symptoms of BPD. Inside, you will learn the basics of mindfulness through specific exercises, and will gain powerful insight through real-life stories from people who have BPD. If you are ready to take that first step on the path toward wellness, this book will be your guide.

A clear and effective approach to learning evidence-based DBT skills—now in a fully revised and updated second edition. Do you have trouble managing your emotions? First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, to make use of these techniques, you need to build skills in four key areas: distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The *Dialectical Behavior Therapy Skills Workbook*, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you're a mental health professional or a general reader, you'll benefit from this clear and practical guide to better managing your emotions. This fully revised and updated second edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you've completed the exercises in this book and are ready to move on to the next level, check out the authors' new book, *The New Happiness Workbook*.

A new guide to overcoming back pain emphasizes the latest in scientific and medical research into the psychological and physiological factors underlying most back discomfort as it presents a safe, effective, and easy-to-follow self-treatment program to end the back-pain cycle. Reprint.

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical

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exercises and rich clinical examples. It examines whether wisdom and compassion can be measured objectively, what they look like in the therapy relationship, their role in therapeutic change, and how to integrate them into treatment planning and goal setting. The book includes a foreword by His Holiness the Dalai Lama.

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. *Parenting a Child Who Has Intense Emotions* is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life. Vivid examples and innovative exercises make this an ideal resource for readers new to mindfulness.

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