

The Mindful Way through Stress: The Proven 8-Week Path to Health, Happiness, and Well-Being

By Shamash Alidina MEng MA PGCE

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Take a deep breath. Feeling less stressed already? Bestselling author Shamash Alidina shows just how simple it is to master the proven techniques of mindfulness-based stress reduction (MBSR) in this engaging guide. MBSR has enhanced the physical and emotional well-being of hundreds of thousands of people around the world. In as little as 10 minutes a day over 8 weeks, you'll be taken step by step through a carefully structured sequence of guided meditations (available to purchasers for download at the companion website) and easy yoga exercises. Vivid stories, everyday examples, and opportunities for self-reflection make the book especially inviting. Science shows that MBSR works--and now it is easier than ever to get started.

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Editorial Review

Review

"Everyone deserves to reduce stress--not only will you feel better, but you'll also be surprised by how MBSR unleashes your creativity and productivity. Shamash is a wonderful teacher."--Chade-Meng Tan, Jolly Good Fellow of Google and author of *Search Inside Yourself*

“Do you want to learn mindfulness without leaving home? If so, this is an ideal place to start. Written in an exceptionally clear and encouraging style, it is chock-full of practical wisdom, supportive research, and opportunities for self-reflection. Alidina creatively presents the gold standard of mindfulness training: mindfulness-based stress reduction. Included is a mini-course for those with little time, as well as downloadable meditations. This book is a welcome companion for anyone wishing to lead a more stress-free life.”--Christopher K. Germer, PhD, author of *The Mindful Path to Self-Compassion*

"Drawing on decades of experience with the highly successful mindfulness-based stress reduction program, this clear, practical, step-by-step guide can help anyone use mindfulness practices to feel less stressed--even in difficult circumstances."--Ronald D. Siegel, PsyD, author of *The Mindfulness Solution*

"Internationally recognized mindfulness teacher and writer Shamash Alidina has written a wonderfully practical, easy-to-read book helping us to recognize the many different elements of stress and how to cope. Full of examples and step-by-step guidance, this book offers a clear path to a calmer mind and life. A gift of wisdom to help us in our busy and stressful lives."--Paul Gilbert, PhD, FBPsS, OBE, Head, Mental Health Research Unit, University of Derby, United Kingdom

“Alidina has written a very practical and engaging guide to stress reduction! Extracting much of the essence of the well-known and researched mindfulness-based stress reduction program, he shows how to begin practicing and experiencing the benefits of mindfulness. For those who don’t have the opportunity (or time) to take the full program in person, following the wisdom of this fun-to-read guide can jump-start the integration of mindfulness into today’s hectic and fast-paced lifestyles. Do yourself a favor and pause to really take in the message of this book and make room in your day to practice what is taught, and you’ll definitely be glad you did.”--Steven D. Hickman, PsyD, Executive Director, Center for Mindfulness, University of California, San Diego

About the Author

Shamash Alidina has been helping people to manage stress using mindfulness for more than 14 years. He is the author of the bestselling *Mindfulness for Dummies*. Based in London, he teaches mindfulness internationally to health professionals, executive coaches, and the public. He also offers mindfulness teacher training programs online. His website is *www.shamashalidina.com.*

Users Review

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Merideth Davis:

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