

Mindfulness is the practice of cultivating non-judgmental awareness in day-to-day life. Mindfulness develops the potential to experience each moment, no matter how difficult or intense, with greater serenity and clarity. Meditation can help one feel better, sleep better, increase ability to cope with stressful situations, improve self-esteem and renew enthusiasm for life and work. One can feel more alive, joyful and gain immediate access to powerful inner resources for healing. Participants will learn life-long tools to help maximize life, even in the midst of stress, pain and illness.

This program can help if you have:

- Signs of Stress
- Anxiety
- Apathy
- Bereavement
- Burn out
- Depression

Eating disturbances

Bob Stahl's local programs: <http://www.mindfulnessprograms.com/>

A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn:

<http://www.soundstrue.com/shop/Guided-Mindfulness-Meditation/205.productdetails?manufacturer=Sounds%2520True&category=Stress%2520&%2520Anxiety%2520Relief&name=Guided%2520Mindfulness%2520Meditation>

A Mindfulness-Based Stress Reduction Workbook by Bob Stahl:

<http://www.amazon.com/gp/product/1572247088?ie=UTF8&tag=skipregan-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1572247088>

Center for Mindfulness in Medicine, Health Care, and Society:

<http://www.umassmed.edu/cfm/index.aspx>

Mindfulness-Based Stress Reduction or MBSR:

<http://www.umassmed.edu/cfm/stress/index.aspx>

find an MBSR member in your area :

<http://w3.umassmed.edu/MBSR/public/searchmember.aspx>