



A Beginner's Guide to Mindfulness

Live in the moment

Ernst Bohlmeijer & Monique Husbergen ~ 16 May 2013

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Life is not easy. There are times when we are full of gloom, doubt, fear, bitter disappointment or insecurity. This practical book will help you to experience greater freedom and quality in your life and teach you how to cope with stressful situations.

Combining mindfulness and Acceptance and Commitment Therapy (ACT) exercises in an accessible, 9-week programme, Bohlmeijer and Hulsbergen show you how to observe your thoughts without judgement and connect with the 'here and now' in your life. By spending a few minutes a day, you will discover what really matters to you in life and learn to base your day to day actions on your values.

Learn how to live in the moment with this step by step guide to mindfulness and walk away from fighting difficult emotions. You will find peace and greater joy, as well as reduced anxiety and stress.

Ernst Bohlmeijer is a senior lecturer at the University of Twente. He has a special interest in narrative psychology, in working with life stories in healthcare and in the role of mindfulness, acceptance and values in promoting mental health.

Monique Hulsbergen worked for 18 years as a psychologist/psychotherapist in the mental health sector. She is currently working freelance as a psychologist, writer and voice actor.

Research shows that 25% of adults in the UK (twelve million people) suffer from serious psychological disorders such as anxiety and depression.

The UK has over two million problem drinkers: not the sort of person who likes a daily glass of wine but people who need to drink in order to function.

In the USA, half of all people will seriously contemplate suicide at some time in their lives. Approximately 5% of people attempt suicide at least once in their life.

The latest estimates from the Labour Force Survey (LFS) show that the total number of cases of stress in 2011/12 was 428 000 (40%) out of a total of 1 073 000 for all work-related illnesses.

The World Health Organization (WHO) expects depression to become the biggest cause of human suffering within a few decades. Bigger than cancer, Alzheimer's, or any other chronic condition you care to mention.



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