



The Mindfulness Toolbox

50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

by Donald Altman, MA, LPC

about the author

Donald Altman, M.A., LPC is a psychotherapist, award-winning writer, former Buddhist monk, and adjunct faculty at *Portland State University*. A featured expert in *The Mindfulness Movie*, he is the author of several pioneering books on how to integrate ancient mindfulness into modern life, including *One-Minute Mindfulness*, *The Mindfulness Code*, *The Joy Compass*, *Living-Kindness*, *Art of the Inner Meal*, and *12-Weeks to Mindful Eating*. Donald has served as Vice-President of *The Center for Mindful Eating* and conducts mindfulness workshops nationally.

Learn more at www.mindfulpractices.com

A Complete Guide to Mindfulness Tools for Clinicians

At last, an authoritative book filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

Featuring over 40 easy to use, reproducible handouts and expertly crafted, guided scripts—such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind with sense grounding, expanding a client's strength narrative, the stress pause S-T-O-P technique, and meditations for peace, acceptance, and re-envisioning pain—this book is ideal for clinicians wanting to integrate mindfulness into their work.

reviews

“Practical book that is as fun to read as it is helpful. Highly recommended.”

- John B. Arden, PhD, author of *The Brain Bible* and *Rewire Your Brain*

“A veritable wonderland of user-friendly implements of mindfulness practice.”

- Jeffrey M. Schwartz, MD, author of *Brain Lock* and *You Are Not Your Brain*

“Altman has given us a potent and worthwhile medicine for inviting well-being, acceptance, and inner peace.”

- Paul Harrison, director and producer of *The Mindfulness Movie*, and author of *Where's My Zen?*

“A must-have book for every therapist using mindfulness approaches with clients.”

- Jean L. Kristeller, Ph.D., The Center for Mindful Eating