



Buddha's Book of Stress Reduction: Finding Serenity and Peace with Mindfulness Meditation

Joseph Emet

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From stress to well-being—give yourself the gift of the Buddha's peace.

No, it is not all in your head: life is stressful, and some lives more so than others. Yet people react to the same situations differently, and recognizing the difference between what we can control and what we can't is crucial for stress management—and it is an awakening in and of itself. This practical book is designed to bring the benefits of mindfulness meditation practice to stress reduction. Unlike other stress-reduction books, **Buddha's Book of Stress Reduction** also helps you develop the positive values of a calm and constructive attitude. It takes you from stress—where many of us find ourselves—to well-being.

From the author of **Buddha's Book of Sleep**--which won the 2013 COVR Award for **Best Book of the Year**.

Buddha's Book of Sleep includes a foreword by **Thich Nhat Hanh**.

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