



Breathing: The Relaxation and Stress Reduction Workbook Chapter Singles (The New Harbinger Self-Help Essentials)

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

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In your busy, day-to-day life, sometimes you need to stop and take a breath to clear your head and maintain a sense of calm and well-being. In this *New Harbinger Self-Help Essential*, you will learn breathing techniques to help increase awareness of yourself and your inner experience, release tension, relax your body and mind, and reduce or eliminate symptoms of stress. The mindful breathing and mindfulness relaxation techniques outlined in this *Essential* will help you find peace of mind and feel more energized.

New Harbinger Self-Help Essentials provide simple, effective exercises that you can use now to make lasting changes. This *Essential* is drawn from *The Relaxation and Stress Reduction Workbook*, which details easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives.

The Relaxation and Stress Reduction Workbook has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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