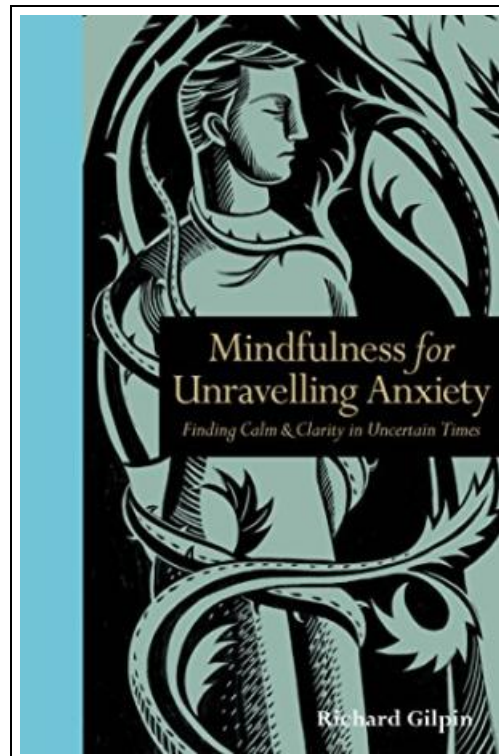


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The Ivy Press, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Anxiety is a state many of us know only too well and Generalized Anxiety Disorder (GAD) is on the global increase too. Mindfulness for Unravelling Anxiety helps loosen the knots and tangles of anxiety and explores the ways we can break their stifling bonds through better understanding of the root of the problem - the mind. Richard Gilpin shares frank personal anecdotes and therapeutic insights, revealing how mindfulness can create a path for us through anxiety. With wisdom and clarity, he guides us through the transformative practice of mindfulness meditation.



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