



Healing the Heart and Mind with Mindfulness: Ancient Path, Present Moment

Malcolm Huxter

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Healing the Heart and Mind with Mindfulness is a practical book that provides strategies using mindfulness to manage stress, anxiety and depression, as well as ways to cultivate psychological wellbeing. Uniquely, it combines a traditional Buddhist approach to mindfulness with contemporary psychology and current perspectives. Drawing on the author's many years of clinical experience as a psychologist as well as his personal experience in Buddhist meditation practices, it outlines how the Buddha's four applications of mindfulness can provide a pathway to psychological wellbeing, and how this can be used personally or with clinical populations.

This accessible, user friendly book provides strategies for healing the heart and mind. **Malcolm Huxter** introduces mindfulness as it is presented in Buddhist psychology and guides the reader through meditations in a systematic way. The practices are clearly explained and supported by relevant real life stories. Being aware that mindfulness and meditation are simple but not easy, **Huxter** guides the reader from the basics of mindfulness and meditation through to the more refined aspects. He provides a variety of different exercises and guided meditations so that individuals are able to access what suits them. The guided meditations can be streamed or accessed as **free audio downloads**.?

Healing the Heart and Mind with Mindfulness is aimed at anyone who wishes to use mindfulness practices for psychological freedom. This book provides insight and clarity into the clinical and general applications of Buddhist mindfulness and will be of interest to mental health practitioners, students of mindfulness, professional mindfulness coaches and trainers, researchers and academics wishing to understand Buddhist mindfulness and the general public.

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