



A Mindfulness-based stress reduction workbook

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Stahl, Bob, Goldstein, Elisha. Oakland, CA: New Harbinger Publications , 2010. (Kit) — 3 copies, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 220 STA 2010

This workbook teaches mindfulness-based stress reduction (MBSR), a clinically proven program for alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Includes an MP3 CD with 21 guided meditations.