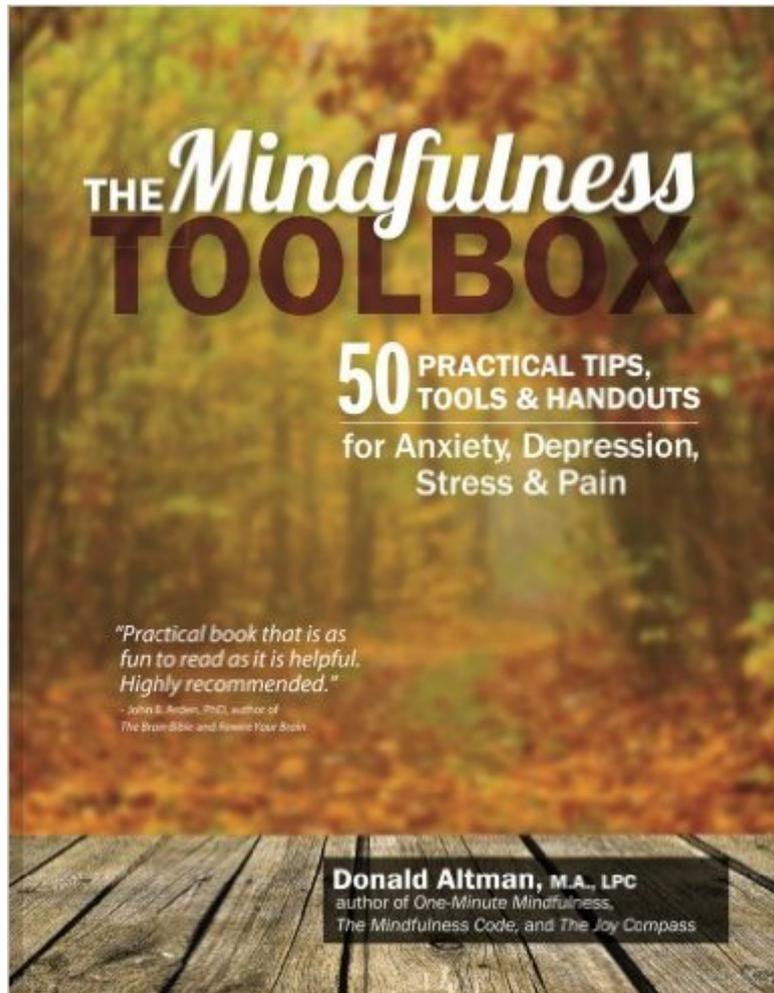


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# The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts For Anxiety, Depression, Stress & Pain



## Synopsis

A Complete Guide to Mindfulness Tools for Clinicians At last, an authoritative book filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope. Featuring over 40 easy to use, reproducible handouts and expertly crafted, guided scriptsâ”such as working with the breath, overcoming depression with here and now pleasantness, calming the anxious mind with sense grounding, expanding a clientâ”s strength narrative, the stress pause S-T-O-P technique, and meditations for peace, acceptance, and re-envisioning painâ”this book is ideal for clinicians wanting to integrate mindfulness into their work.

**PRAISE FOR THE MINDFULNESS TOOLBOX:** "The ceaselessly creative Donald Altman, in his never-ending quest to make mindfulness practice accessible to anyone motivated to learn it, has once again broached new ground in elaborating simple, useful techniques for applying mindfulness in everyday life. The Mindfulness Toolbox is a veritable wonderland of user-friendly implements of mindfulness practice, all laid out to maximize a new (and maybe not-so-new) practitioner's ability to effectively use applied mindfulness. The Mindfulness Toolbox will be a tremendous aid and benefit to all people who practice and teach mindfulness. Jeffrey M. Schwartz, M.D., author of *Brain Lock* and *You Are Not Your Brain* Donald Altmanâ”s newest book, *The Mindfulness Toolbox*, is an important work for how it will reduce emotional and physical suffering in the world. Highly practical and well-organized, the book tackles the key areas of stress, anxiety, depression, and pain. The evident care and attention given to the guided scripts and handouts will help build the therapeutic relationship with patientsâ”all the while guiding them gently and persistently toward a more expansive awareness and a deepened sense of self-compassion and self-acceptance. I highly recommend it.

Christopher Kennedy Lawford, best-selling author, *Symptoms of Withdrawal*, *Recover to Live*, and *What Addicts Know* In an era of high popularity for anything labeled with the word "Mindfulness", Altman has written a user-friendly and practical book that is as fun to read as it is helpful. He provides great handouts and suggestions for how to describe mindfulness to clients so that they can gain peace of mind when feeling anxious and optimism in the face of depression. Highly recommended.

John B. Arden, Ph.D., author of *The Brain Bible* Mindfulness has swept through the mental health profession in the past several decades and plays a major role in important modalities such as DBT, ACT, Mindfulness-Based Cognitive Therapy for Depression, Mindfulness-Based Relapse Prevention and others. Whether or not you are trained in any of these modalities, *The Mindfulness Toolbox* by

Donald Altman is the resource you need to strengthen your use of mindfulness with a wide variety of clients. His new book presents a comprehensive set of highly practical, effective techniques, tools and handouts that will enable you to skillfully utilize mindfulness in your clinical work. The easy-to-use interventions for anxiety, depression, stress and pain are described in clear language that reflects the kindness and beauty of mindfulness. Terry Fralich, LPC, JD, author of *The Five Core Skills of Mindfulness* and *Cultivating Lasting Happiness*

## **Book Information**

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## **Customer Reviews**

The Mindfulness Toolbox is an excellent resource for therapists and clients! The beauty of Altman's work is he translates mindfulness into achievable, realistic tools with creative language and engaging metaphors. The exercises are well crafted and designed to help a person sort through their problems by focusing on one's strengths. This user friendly book also has an excellent reference section for further reading and an easy to use index to help locate information in the book.

What I find so engaging about Donald Altman's mindfulness books, culminating with *The Mindfulness Toolbox*, is that he takes an evidence-based approach utilizing the most cutting-edge science discoveries, and creates practical applications anyone can master to improve their daily experience of life. This book may seem at first like it was designed only for the use of therapists in treating their clients. Read more carefully, however, and you will learn, as I did, how the mindful tools are intended and written in accessible language for any of us laymen to absorb and master. A must read for those of us wanting all of the benefits a mindful approach has to offer!

I am a therapist who has used found some of the activities and concepts in this book useful with some of my clients. The book is divided into sections for anxiety, depression, stress and pain which helps me to find the pertinent pages quickly. The author has also given permission to photo copy, so I have used some pages as homework. I plan to get good use out of the book.

As a counselor, I work with people struggling with anxiety, depression, and stress reactivity that keeps them from their best lives and creates a lot of suffering. Much of this stems from the deeply held beliefs and well-worn thought patterns that unconsciously rule their lives. This week, I got a copy of The Mindfulness Toolbox, and already, I've copied 4 handouts for clients. Without having to spend a lot of time wading through pages for the gems I need, this well-organized book is TRULY a toolbox, organized by what type of issues are you addressing and what type of learner is your client. The activities are practical, try in the office and practice it at home, evidence-based gems. While working with a client who is a musician, I immediately found a musical-based activity that can help him practically work through some difficult thought patterns using a modality that is a strength for him! Some of these activities, like the GLAD, I've been working with myself and with my children. Donald has a gift with making mindfulness accessible, and peace possible. I highly recommend this book for anyone wanting to help others (or yourself) find relief from inner stress.

• Mindfulness Tools • is a rich resource for those who help individuals struggling with issues that prevent them from achieving fulfillment. While the book is intended for mental health practitioners, the lessons it contains are applicable to anyone, particularly executive coaches, who are helping others develop self-awareness and improve relations with others. Author Donald Altman has assembled a terrific tool kit that I know I will use in my coaching practice.

My real problem with this book is that the handouts are on a shaded background which makes it difficult to copy them. Not sure why anyone would make handouts hard to copy, maybe they just didn't think it through.

Some exercises elementary depending on one's background - however from what I've read so far, all could be very useful for self or working with others (i.e. just remembering to B-R-E-A-T-H-E, deeply is so important. Da.) The BEST part about this book is that it is structured to download FOR FREE a specific exercise to give to a client (minus the rest of the book--important reading for

therapists on how to use the book - with a client, notations, how it is structured, how and which exercises to target specific needs (i.e., anxiety, depression-it addresses four main dysfunctions/issues with many exercises per each section). You do not need to 'bend the pages' to copy the book's exercise. It is set up beautifully, and, well . . . mindfully for optimal use for everyone's transformation! Should be on every therapist's book shelf or closer to the 'couch' - makes a GREAT gift for your own therapist or friend [good for non-therapists as well as ideal for licensed therapists. social workers - anyone who works with people, or their SELF, as many of us do. Is easily readable-and 'do-able' for everyone - Give a copy to your mother, significant other (great way to reconnect-bond) or leave an anonymous gift on the desk of a co-worker who needs to learn how to deal w/their self to get along with others and play nice. They will thank you for it by the changes you hopefully will see in their behavior. I bought two and gave one to my friend who is a therapist - she was elated to get it. Designer G

I love this book! It's great for therapists (which I am not), but I do the workbook part and it relaxes me so much. Just what I was looking for to calm my anxiety and pay attention to the present.

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Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen)  
Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1)  
MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners)  
How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)  
Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)  
Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed)  
Meditation: Meditation for Beginners - How to Relieve Stress, Depression &

Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress. Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy ADHD Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents with 162 Tools, Techniques, Activities & Handouts Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)

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