



# Anxiety and Depression: Sheldon Mindfulness

*Cheryl Rezek*

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# Anxiety and Depression: Sheldon Mindfulness

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## **Anxiety and Depression: Sheldon Mindfulness** Cheryl Rezek

This book provides an introduction to mindfulness, the concepts and theory behind it and how it can help manage not only anxiety, but a number of physical and emotional issues. It includes step-by-step practices to manage your anxiety and depression, and links to an audio download of guided meditations. Topics include: Understanding anxiety and mindfulness No magic pills How did I get to be like this? Anxiety and depression in context The stress response Breaking the cycle Effects of mindfulness on the brain Moving forwards “take care

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