



Mindful Therapy: A Guide for Therapists and Helping Professionals

Thomas Bien Ph.D.

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Welcome and much-needed addition to the literature for psychotherapists, therapists-in-training, and occupational therapists and other types of teachers. *Mindful Therapy* offers to them ways to bring the teachings of Buddhism into a psychotherapeutic practice - and a thorough explanation of the benefits of doing so. The book will be of value to therapists of every variety, in the way that *Medicine and Compassion*, while molded for caregivers in general, was applauded by medical journals.

Author Tom Bien offers an energizing and expansive perspective. Grounded in his understanding of Buddhist teachings, his book suggests a model of integration of particular value to beginning therapists or those still in training, offering ways in which the therapist can mindfully care for themselves amid the challenges of their practice. Tools useful to clients, as well, are discussed.

Bien sees therapists as practicing in the ancient traditions of various healers of spirit, whose greatest skill and gift to others is, above all, the mindful presence.

Mindful Therapy is comprised of a useful, highly-readable balance of theoretical groundwork, personal experience, case studies, and practice exercises.

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Tony Edwin:

Why? Because this Mindful Therapy: A Guide for Therapists and Helping Professionals is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking way. So , still want to hold off having that book? If I were being you I will go to the guide store hurriedly.

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