Contents

Acknowledgements

Foreword by Mark Williams

Part 1:

Introduction

- 1 How This Book Will Help You
- 2 Welcoming All Visitors to the Mind

Part 2:

Psychological Traps

- 3 Rumination
- 4 Avoidance
- 5 Emotion-driven Behaviour
- 6 Self-criticism

Part 3:

Mindfulness Skills

- 7 Why it Matters: Values and Goals
- 8 Mindful Observation
- 9 Mindful Observation with Labelling
- 10 Acting with Awareness
- 11 Acceptance and Willingness
- 12 Self-compassion

Part 4:

Putting It All Together

- 13 Exercises for Combining the Skills
- 14 Mindfulness and Happiness

Notes

Resources

Copyright Acknowledgements

Index