



# **In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience**

*Kirk D. Strosahl PhD, Patricia J. Robinson PhD*

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Little daily hassles can add up to big, *big* stress.

Whether you're stuck in traffic, hauling your kids out the front door in the morning, dealing with a demanding boss, or worrying about money, it's easy to become overwhelmed. Stress is a normal part of daily life; but over time, chronic stress can take its toll on both your mental and physical health, leading to everything from anxiety and depression to weight gain and disease. So how can you move past the little hassles that get in the way of fully enjoying life?

*In This Moment* will show you how to find a sense of calm and serenity using a breakthrough, evidence-based program grounded in mindfulness and neuroscience. Imagine feeling stressed, and being able to work through it by paying attention to your thoughts and feelings, moment by moment, no matter where you are or what you're doing. It's not as difficult as it sounds!

Written by cofounder of acceptance and commitment therapy (ACT) Kirk Strosahl and pioneering behavioral health researcher Patricia Robinson, the mindfulness exercises in this book will help you strengthen the parts of your brain that support vitality and a sense of being fully present in the here and now. And with a little practice, you will learn to combat stress in healthy ways, stay balanced, and live a happier life, no matter what challenges arise.

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