



# **Emotional Healing through Mindfulness Meditation: Stories and Meditations for Women Seeking Wholeness**

*Barbara Miller Fishman, Shinzen Young*

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Explores how women can heal deep emotional pain through a new therapeutic approach that combines mindfulness meditation with psychotherapy.

- Includes 8 vivid stories of women overcoming great emotional pain and life obstacles through Mindfulness Psychotherapy.
- Each story is followed by a discussion and a relevant mindfulness meditation.
- Guided meditations are included on an accompanying 60-minute CD.

As a result of her years of working with women as a psychotherapist, Barbara Miller Fishman developed the discipline of Mindfulness Psychotherapy--a combination of mindfulness meditation and psychotherapy that, taken together, describe a path toward wholeness. Now she presents the integration of her life's work through the poignant stories of eight women--all faced with critical decisions and tough life circumstances--and how they used Mindfulness Psychotherapy to attain greater levels of peace and well-being.

The author offers a radical shift in a woman's relationship to life. Readers will discover the importance of naming a life problem, accepting the "is-ness" of it, developing a matter-of-fact curiosity, and exploring the mind/body reactions that we call emotional pain. The path continues as the reader creates an observing self and discovers the deep compassion that ultimately heals. Once learned, these six awareness practices can be used to face difficult situations, discover self-acceptance, and release the love needed to reside fully in one's whole self.

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