



Relaxation, Meditation, & Mindfulness: A Mental Health Practitioner's Guide to New and Traditional Approaches

Jonathan C. Smith PhD

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Based on a newly revised theory of relaxation, **ABC2 Relaxation Theory**, devised by the author, this book explains why hundreds of techniques used by professionals typically sort into six groups. The integration of these groups forms the core of the book. Smith's findings also reveal that not only can relaxation go beyond stress management, but that different families of relaxation have different effects.

Rich with practical suggestions and concrete illustrations of application, this comprehensive training guide details the following techniques:

- Yoga Stretching
- Progressive Muscle Relaxation
- Breathing Exercise
- Autogenic Suggestion
- Imagery/Relaxing Self-Talk
- Meditation (including Mindfulness)

Special applications include:

relaxation, spirituality, and religion

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