

The background of the cover is a photograph of a beach. The top portion shows a bright blue sky with scattered white clouds. Below the sky is a calm, light blue body of water. The bottom portion of the image is a sandy beach with several sets of footprints leading from the water towards the foreground. The overall scene is peaceful and serene.

SAMEET M. KUMAR, PH.D.
author of Grieving Mindfully

the mindful path
through worry and
rumination

*letting go of anxious and
depressive thoughts*

Introduction

?Do you find yourself ruminating approximately things you cant manipulate? Worrying about those but-to-entire goals and tasks? What approximately simply feeling like youre not the individual you want to be?

People who worry and ruminate find it difficult to stop anxiously looking ahead to future activities and regretting or rethinking beyond movements. Left unchecked, this tendency can result in mental health issues along with despair and generalized tension sickness. The Mindful Path Through Worry and Rumination gives powerful mindfulness techniques derived from Buddhist spiritual practices and proven mental techniques to help you stop overthinking what you cant control- the future and the beyond-and discover ways to locate contentment within the present moment.

Kumar integrates technological know-how, Buddhism, and therapeutic equipment to create an insightful and useful guidebook for human beings stuck in rumination.
-Susan Nolen-Hoeksema, Ph.D., profess

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