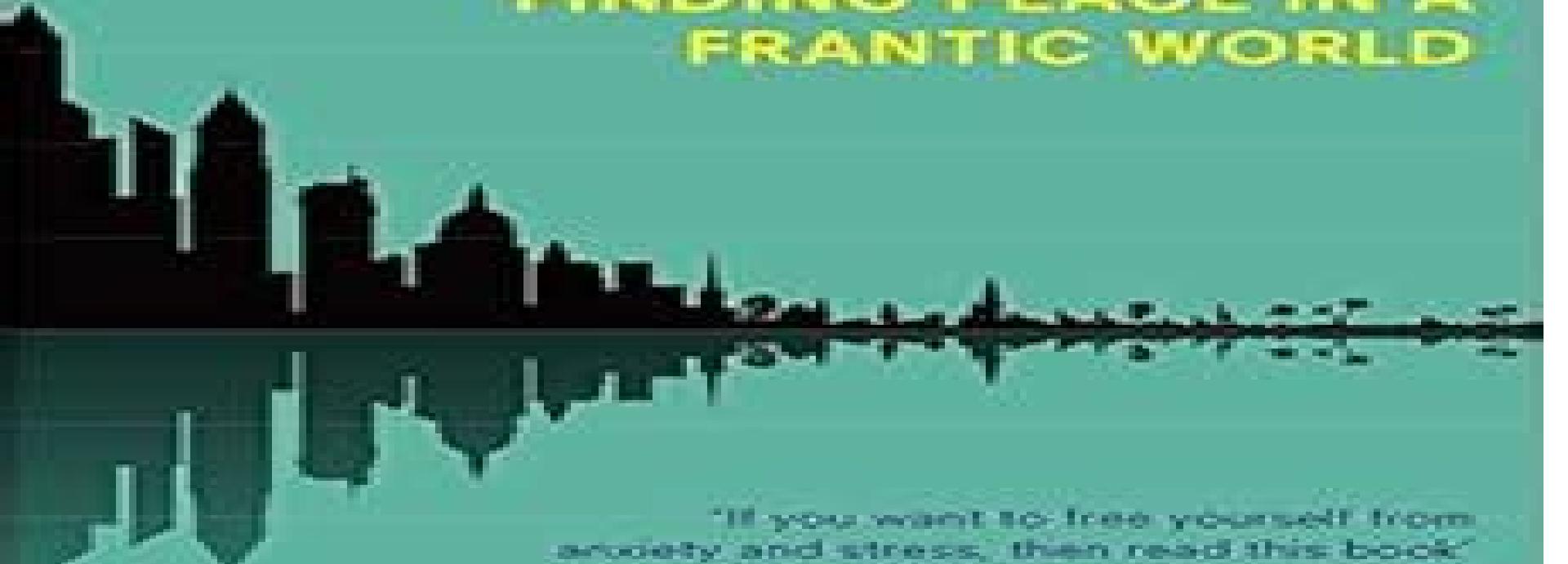


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How mindfulness came to be regarded as a psychological support an ethical practice and a component of public policy Mindfulness seems to be everywhere in popular culture in therapeutic practice even in policy discussions How did mindfulness an awareness training practice with roots in Buddhism come to be viewed as a solution to problems that range from depression and anxiety to criminal recidivism If mindfulness is the answer asks Joanna Cook what is the question In *Making a Mindful Nation* Cook uses the lens of mindfulness to show how cultivating a relationship with the mind is now central to the ways people envision mental health Drawing on long term fieldwork with patients therapists members of Parliament and political advocates in Britain Cook explores how the logics of preventive mental healthcare are incorporated into people's relationships with themselves therapeutic interventions structures of governance and political campaigns Cook observed mindfulness courses for people suffering from recurrent depression and anxiety postgraduate courses for mindfulness based therapists parliamentarians mindfulness practice and political advocacy for mindfulness in public policy She develops her theoretical argument through intimate and in depth stories about people's lives and their efforts to navigate the world whether these involve struggles with mental health or contributions to evolving political agendas In doing so Cook offers important insights into the social processes by which mental health is lived the normative values that inform it and the practices of self cultivation by which it is addressed **Silently Struggling: The**

Hidden Battles of Bipolar Depression Stephanie Marcum,2025-02-02 *Silently Struggling The Hidden Battles of Bipolar Depression* offers a raw and insightful look into the silent often invisible challenges of living with bipolar depression This book sheds light on the emotional and mental struggles that individuals experience helping to reduce the stigma and encourage understanding Through personal stories research based insights and expert advice the book provides practical strategies for managing bipolar depression emphasizing the importance of self compassion emotional resilience and seeking professional help Perfect for those navigating their own mental health journeys as well as friends family members and caregivers who want to better support their loved ones *Joosr Guide to Mindfulness* by Mark Williams and Danny Penman

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[Deeper Mindfulness](#) Mark Williams, Danny Penman, 2023-07-18. Use the hidden foundations of mindfulness to rediscover calm and reclaim your life in our chaotic world. There are moments in life that decide your fate. They ripple into the future and dictate how you experience the world in the moments that follow either positive and uplifting, dark and chaotic, or flat and dull. What if you could recognize these moments before they seized control of your life? What if you could use them to set sail for a better future? What if all moments big and small could be harnessed this way? In *Deeper Mindfulness* Oxford Professor Mark Williams and Dr Danny Penman reunite to present a new eight week guided meditation program that takes mindfulness to the next level. *Deeper Mindfulness* reveals how the latest advances in neuroscience combined with millennia old wisdom can be used to transform your life. These discoveries open the doors to a deeper layer of mindfulness known as

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