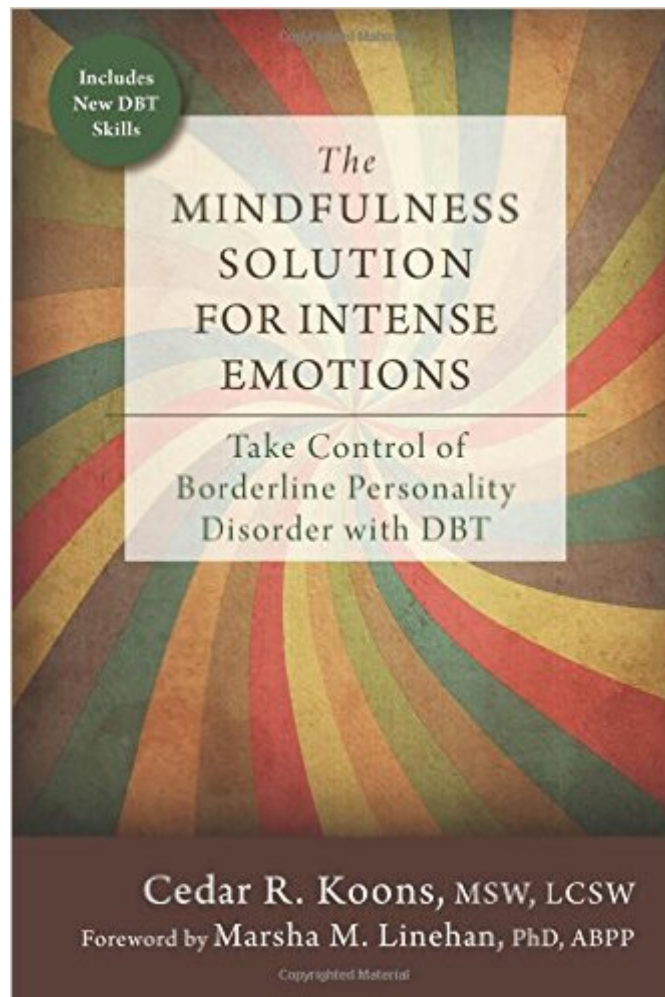


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# The Mindfulness Solution For Intense Emotions: Take Control Of Borderline Personality Disorder With DBT



## Synopsis

The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions. If you suffer from intense emotions, you are not alone. Millions of Americans are diagnosed with emotion regulation disorders, such as borderline personality disorder (BPD) and other comorbid conditions like post-traumatic stress disorder (PTSD), and severe depression. Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all. In this book, you'll learn seven powerful skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty. You can feel calmer, more grounded, and centered. If you're ready, the mindfulness practices in this book will help you move away from a chaotic, emotion-driven life and cultivate a focused, intentional one.

## Book Information

Paperback: 288 pages

Publisher: New Harbinger Publications; 1 edition (April 1, 2016)

Language: English

ISBN-10: 1626253005

ISBN-13: 978-1626253001

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #16,037 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#) #41 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #60 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

## Customer Reviews

This book is the best resource I've come across for using mindfulness to reduce suffering and help relationships. It is such an accessible and effective resource for anyone who struggles with intense emotions and for therapists helping those with such struggles. The writing is clear so that at the end

of each section I felt like I understood the skill being taught, and the author offers interesting case examples to help the reader learn how to apply them. I'll be recommending this to fellow therapists and clients!

In her book describing how to free oneself from emotional suffering, Cedar Koons uses moving examples to bring mindfulness concepts and strategies to life with straightforward instructions on how to practice. Her writing is both engaging and accessible making it useful for a wide range of readers. Her book is not just a "how-to" or a technical manual but rather a beautifully written work on how to transform one's experience of the human condition. I can't recommend this book highly enough.

This book is an excellent resource for both laypersons and for those who counsel individuals seeking balance in their emotional lives. The book is well structured and clearly laid out for learning the mindfulness approach, for practicing the tools of mindfulness, and for reference. The anecdotal stories, ranging from everyday situations of stress to the most profound grief, provide practical examples in how to utilize the material. If there is a way to simplify the approach to management of strong emotions that can overwhelm, this book is an excellent tool for it. Ms. Koons takes a complex topic and makes it both inspiring and accessible for the individual who is new to mindfulness as well as for the seasoned clinician. It is an excellent tool to help relieve suffering and move toward a life of balance.

What a very helpful and insightful book. So many different ways to approach the problem of intense, seemingly inappropriate emotions. The section about acceptance is especially well done. As a counselor, I really appreciate this book. It would be very helpful for anyone struggling to manage emotions and tap into rationality.

Reading Koons's™ book was a true joy. The book is exemplary. It is clear, very practical and inspiring. Koons describes concisely what mindfulness is, and what we need to do in order to become more mindful. She alternates stories and real clients's™ experiences with practical exercises, which greatly enhances learning and the personal experience of mindfulness. I highly recommend this book. It is a fabulous resource for anyone interested in learning mindfulness skills and how to apply mindfulness in ordinary, day-to-day life. Moreover, I hope this book will become a vital resource for DBT graduates and beginners alike, as it enhances the understanding and

practice of DBT's core mindfulness and acceptance skills.

I just finished reading "The Mindfulness Solution for Intense Emotions" and I wanted to thank Ms. Koons for writing it. This was one of those times when the perfect book came into my hands exactly when I needed to read it. Like many sensitive, creative people, I experience emotion very intensely and always have. At times, I would say "my emotions get the better of me," which is something I am always working to self-regulate. Working in creative fields and education, I meet many others who share this challenge, despite our best intentions to act wisely and respond calmly to people and situations. I so appreciate how Cedar Koons addresses the experience of intense emotions in her text, offering so many straightforward, practical ways to address this challenge and achieve the goal of processing and acting from "wise mind." This book is hopeful, and kind, and I deeply appreciate it! I am sure it will help many.

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