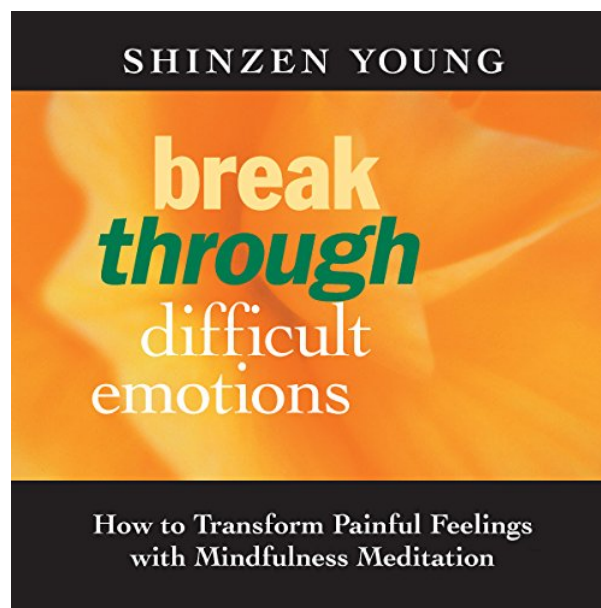


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When mindfulness meditation was introduced as an aid for patients suffering from chronic pain, physicians were skeptical. Today, mindfulness meditation is used in hundreds of hospitals and clinics across the country. On Break Through Difficult Emotions, meditation mentor Shinzen Young adapts the core principles of mindfulness training to the treatment of emotional suffering. You will learn powerful meditations for overcoming anger, grief, anxiety, shame, and the many other painful emotions we all experience.

- Sales Rank: #25763 in Audible
- Published on: 2015-10-07
- Format: Original recording
- Original language: English
- Running time: 159 minutes

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powerful emotional/spiritual insight

By A Customer

The introduction tape is so insightful i have listened to it over and over again. The meditations have pauses that are too long for me, though. Listening to the introduction instantly brings sense of calm and enlightenment as Mr. Young dissects the emotional process by which humans become overwhelmed, and he offers steps to avoid that. I highly recommend this to anyone who is struggling with anxiety or anger.

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Flow with life

By david dewulf

Excellent.If you can reach the heart of this practice ( and this happens very quickly if you ve experience with meditation ) you can transform negative emotions in seconds,on the spot.You keep the energy of the emotion,but you discard the negative charge.The energy allows you to flow with the circumstances and to act with respect towards others.The only secret is: doing it.

13 of 14 people found the following review helpful.

He translates the difficult into the miraculous

By moontan365@aol.com

I love this guy. He is able to move a person into the present and let the flow of awareness happen. Dr. Young's way of meditating on the experiences can change "so called" negative emotions into an awareness of the world dancing by. My only restriction was my own inability to trust the moment.

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