



Yoga & Mindfulness Therapy: Workbook for Clinicians & Clients

By C. Alexander Simpkins PhD, Annellen M. Simpkins PhD



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Bringing together philosophy and neuroscience with hands-on exercises, journaling, and charts, this practical workbook by psychologists and best-selling authors C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D., is organized to include:

- The tools to get you started: preliminaries, quick tips, neuroscience and efficacy research
- Clear instructions to guide you in the practices of yoga and mindfulness
- Application of the practice to anxiety, stress, depression, trauma and substance abuse
- An appendix created especially for the clinician answers questions about how and when to introduce the techniques, ways to adapt to your practice, and special ways to address children and seniors.

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Editorial Review

Review

I recently learned that yoga means 'unity' in Sanskrit. The Simpkins have unified three areas that have rarely, if ever, been pulled together: yoga (not just the body moves, but the deeper psychological, emotional, and spiritual aspects as well), mindfulness practices, and therapeutic methods. Joining them together in a practical way can help relieve stress, anxiety, mood problems, and substance abuse challenges. You can use these methods for yourself or, if you work with others as a therapist, medical practitioner, or coach, you can use them with clients. [It is] filled with exercises, tips, and inspiring stories. --Bill O'Hanlon, featured Oprah guest and author of *Out of the Blue: Six Non-Medication Ways to Relieve Depression*

The Yoga and Mindfulness Therapy Workbook offers a treasure trove of resources and practical exercises that are perfect for anyone wanting a unified mind-body approach to finding greater emotional focus, stability, balance, and ease in life. The timeless truths offered of yoga and mindfulness are seamlessly blended with modern brain science and research to provide solid evidence for why these practices can overcome 21st century stress, anxiety, and depression. The compelling real-life stories throughout the book illustrate that change really is possible! Most importantly, the expertly detailed exercises and many guided illustrations will have you feeling that authors Alex and Annellen Simpkins are right beside you, sharing their years of experience and wisdom, as you step on this path to greater healing and wholeness. --Donald Altman, M.S., LPC, author *The Mindfulness Toolbox, One-Minute Mindfulness, and The Mindfulness Code*

The Yoga and Mindfulness Therapy Workbook is much more than a workbook. It is also a sourcebook, taking its readers into the philosophical foundations of yoga and mindfulness and forward into their neuroscience and psycho-therapeutic applications. The exercises are user-friendly, and their health benefits are documented and explained. The chapters on yogic breathing, cognitive reframing, and self-regulation of attention are practical and articulate. The Drs. Simpkins have written a magnificent volume that attests to their own authority as well as their decades of clinical practice. --Stanley Krippner, Ph.D., co-author of *Personal Mythology* and co-editor of *Extraordinary Dreams*

About the Author

C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D., are psychologists in private practice who have been working with yoga, mindfulness and meditation methods for more than 40 years. They are the authors of 28 books on Eastern meditation methods, hypnosis, and how to apply them therapeutically including *The Tao of Bipolar: Using Meditation and Mindfulness to Bring Balance and Peace* and *Neuroscience for Clinicians*.

Users Review

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Roy Myers:

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Rosalind Huffman:

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James Ojeda:

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