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Welcome to the Mindful Path through Shyness Program (MPTS)! By participating in this eight week program as you read your Mindful Path through Shyness book, you can take major steps to free your self from shyness, social anxiety and avoidance. Know that each step you take on this path is a gift of love.

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**Through Shyness -
Mindful Living
Programs**

I'm very happy to be
interviewing Steve
Flowers, MFT, author of
the excellent new book
Mindful Path Through
Shyness: How
Mindfulness and
Compassion Can Help
Free You from Social
Anxiety, Fear, and...

**The Mindful Path
through Shyness: An
Interview with Steve**

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Lovingkindness

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How Mindfulness
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The Mindful Path offers wellness solutions for individuals and employers to ease anxiety about the unknowns we face and to build resilience for the journey ahead.

Take the next step and email me today at Cheryl@themindfulpath.com today!

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and social anxiety
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Salzberg, author of
Lovingkindness

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The Mindful Path Through Shyness: How Mindfulness and Compassion and ...

A Mindful Path through Shyness If you too are shy you can probably relate to this pain.

Fearing the judgments and rejection of others, you avoid them and find yourself principally in a relationship with your own thoughts and feelings. Unfortunately, often this isn't such a great relationship.

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Is Shyness Holding You Back? - Mindful

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shows you how. This guide uses techniques from mindfulness-based stress reduction and cognitive behavioral therapy to help you cultivate awareness of your own thoughts so that you can act with more wisdom and compassion toward

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yourself.

How Mindfulness
**The Mindful Path
through Shyness on
Apple Books**

"The Mindful Path
Through Shyness"
helps readers who
struggle with shyness
social anxiety begin to
notice the patterns
that cause them to feel
isolated and take steps
toward change.

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Jeffrey Brantley ...

The Mindfulness and
Acceptance Workbook
for Social Anxiety and
Shyness: Using
Acceptance and
Commitment Therapy
to Free Yourself from
Fear and Reclaim Your
Life. ... The Mindful
Way Through Anxiety:
Break Free from
Chronic Worry and
Reclaim your Life. ...
Peace Is Every Step:
The Path of
Mindfulness in

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Everyday Life. Beacon
Press, 1999. Siegel ..

**The Mindful Way
Through Anxiety »**

Resources

The Mindful Path
through Shyness: How
Mindfulness and
Compassion Can Help
Free You from Social
Anxiety, Fear, and
Avoidance eBook:
Flowers, Steve,
Brantley, Jeffrey:
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The Mindful Path through Shyness: How Mindfulness and ...

Mindfulness Consulting
with Yael shy. Book a
Free Consultation. We
are living in
challenging times. It is
easy to let the years
pass as we sleepwalk
through life, suffering
and floundering as the
challenges of life drag
us around. Another
way is possible.

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Mindfulness, rooted in ancient traditions, can help us to wake up in our lives by: ...

Can Help Free You

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The Mindful Path to
Self-Compassion:
Freeing Yourself from
Destructive Thoughts
and Emotions by
Christopher K. Germer.
The Mindful Way
through Anxiety: Break
Free from Chronic

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Worry and Reclaim
Your Life by Susan M.
Orsillo and Lizabeth
Roemer
Can Help Free You

**Mindfulness - The
American Institute
for Cognitive
Therapy**

The Path is not the
meditation of a
Buddhist monk looking
to transcend the cycle
of life and death —
though some of the
techniques are the
same. Nor is it the

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meditation of hippies
surrounded by...

**The Path teaches
meditation as a tool
for young New York**

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based stress reduction
and cognitive
behavioral therapy to
help you cultivate
awareness of your own

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thoughts so that you can act with more wisdom and compassion toward yourself.

The Mindful Path Through Shyness (Book) | The Seattle

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behavioral therapy to help you cultivate awareness of your own thoughts so that you can act with more wisdom and compassion toward yourself.

The Mindful Path through Shyness eBook by Steve Flowers ...

Download the FREE Mindful Path Through Shyness Workbook (pdf) Welcome! You will

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find many resources here to help you cultivate mindfulness and compassion in your life. You can learn about and arrange for Mindfulness Based Individual Counseling or coaching which is provided online via Skype and other online conferencing resources. Guidance is offered to help you personally grow in mindfulness and self-compassion.

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