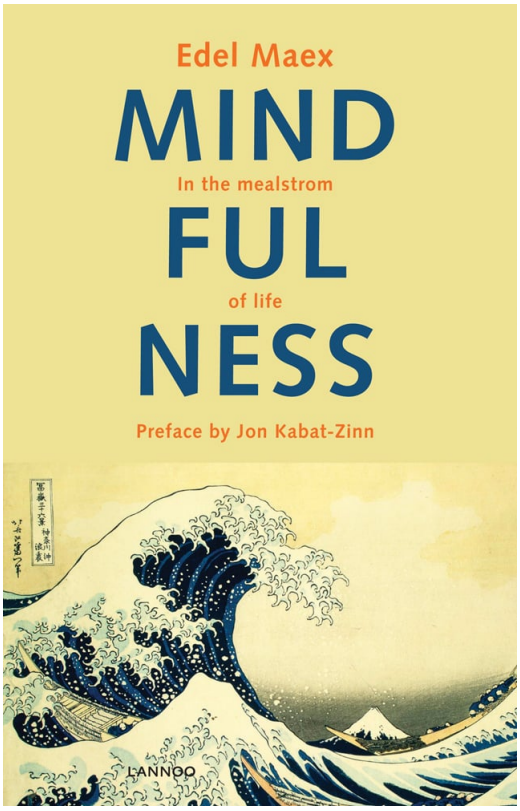
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Mindfulness

In the Maelstrom of Life

Edel Maex

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- Concise and heartfelt guide to mindfulness, that will help you to deal differently with the unavoidable agitations of life

Mindfulness finds its origins in Buddhist meditation techniques. Instead of trying to achieve goals that lie far ahead in the future, mindfulness teaches you to be present in the moment, with a compassionate and open mind. This book, consisting of short and airy texts, follows the eight weeks of the traditional stress reduction programme as it was developed by dr. Jon Kabat-Zinn, the founder of the mindfulness movement. Based on his many years of experience as a psychiatrist, Edel Maex has written a clear, concise and heartfelt guide to mindfulness, that will help you to deal differently with the unavoidable agitations of life. With a preface by Jon Kabat-Zinn.

"I bow to Edel Maex for writing this lovely book, and for all his efforts to bring mindfulness in an authentic and universal articulation, based on his own years of meditation practice and study, more and more into the mainstream of medicine, psychiatry, and Western culture." Jon Kabat-Zinn, Professor of Medicine Emeritus and founding director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

"What a delight! This book is like a peaceful conversation, rich and dense. The mix of personal meditation experience, his professional experience as a psychotherapist, counselling techniques and zen wisdom transforms reading this book into an immediate Mindfulness exercise: while reading, you take the time to pause and reflect. The journey has already begun…" Christophe André, psychiatrist at the Saint-Anne Hospital in Paris.

"This book invites the reader to make an appointment with himself, in an open and welcoming spirit. It seems so simple… In reality, this requires, as any other form of training, the daily discipline to perform mindful exercises and meditations. Edel Maex gives us different keys to sit, to maintain and to develop our mindfulness practice, with an exceptional clarity and a lot of wisdom. An admirably clear, didactic book. I would recommend it to all participants of our MBCT-courses and their instructors." Lucio Bizzini, Ph.D, Department of Psychiatry, University Hospital of Geneva. *"Writing about Mindfulness is a delicate exercise. Edel Maex has found the words to convey the deeper sense of meditation in a remarkably simple way. The secret of his limpid and captivating style undoubtedly lies in his experience in the field, as a psychiatrist and mindfulness trainer. This book is a fantastic invitation to discover, maintain and develop our practice."* Guido Bondolfi, M.D., Department of Psychiatry, University Hospital of Geneva.

Edel Maex is a psychiatrist at the ZNA St. Elisabeth Hospital in Antwerp, Belgium. He is a longtime practitioner of Zen Buddhism and has become well known as a pioneer in mindfulness training in a medical setting. He is the author of several bestselling titles and wrote a contribution to *The Healing Power of Meditation* (Shambhala Publications, 2013).

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