

CONTENTS

<i>Preface</i>	vii
1 The Challenge of Presence in a Multitasking World <i>Being and Doing as Therapists</i> 3	1
2 What Is Mindfulness? <i>A Taste of Mindfulness</i> 7 <i>The Path to Being</i> 9 <i>Misconceptions</i> 9 <i>Mindlessness</i> 11 <i>So What Is Mindfulness?</i> 15	7
3 What Do We Know About Mindfulness? The Research Record <i>General Effects of Mindfulness</i> 21 <i>Mindfulness for Physical and Psychological Problems</i> 24 <i>Outcome Research in Health Care/Psychological Arenas</i> 25	21
4 How Does Mindfulness Benefit Therapists? <i>Therapists' Stress</i> 29 <i>What Can Mindfulness Contribute?</i> 33	28
5 Cultivating Mindfulness <i>Setting the Stage for Practice</i> 37 <i>Breath Meditation</i> 40 <i>The Next Step</i> 42 <i>What Is Happening in This Moment?</i> 44	36

CONTENTS

6	The Complexities of Compassion	49
	<i>What's So Hard About Compassion?</i> 50	
	<i>Fears of Compassion</i> 53	
	<i>Lovingkindness Meditation</i> 61	
	<i>Practicing Lovingkindness Meditation</i> 62	
7	Things Get in the Way: Obstacles to Being Present	64
	<i>Desire</i> 65	
	<i>Aversion</i> 68	
	<i>Sluggishness and Restlessness</i> 71	
	<i>Doubt</i> 76	
8	Practicing to Be Present	81
	<i>The Psychological Container</i> 81	
	<i>Preparing for Practice</i> 85	
	<i>The Active Mind</i> 87	
9	A Final Thought	92
	<i>References</i>	95
	<i>Index</i>	101
	<i>Resources</i>	105