



Mindfulness and Mental Health: Therapy, Theory and Science

Chris Mace

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Being mindful can help people feel calmer and more fully alive. *Mindfulness and Mental Health* examines other effects it can also have and presents a significant new model of how mindful awareness may influence different forms of mental suffering.

The book assesses current understandings of what mindfulness is, what it leads to, and how and when it can help. It looks at the roots and significance of mindfulness in Buddhist psychology and at the strengths and limitations of recent scientific investigations. A survey of relationships between mindfulness practice and established forms of psychotherapy introduces evaluations of recent clinical work where mindfulness has been used with a wide range of psychological disorders. As well as considering current 'mindfulness-based' therapies, future directions for the development of new techniques, their selection, how they are used and implications for professional training are discussed. Finally, mindfulness' future contribution to positive mental health is examined with reference to vulnerability to illness, adaptation and the flourishing of hidden capabilities.

As a cogent summary of the field that addresses many key questions, *Mindfulness and Mental Health* is likely to help therapists from all professional backgrounds in getting to grips with developments that are becoming too significant to ignore.

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