

# A Mindfulness-Based Stress Reduction Workbook



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mindful breathing • mindful eating • mindfulness in everyday life  
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the gift of rest • the gift of connection

**BOB STAHL, PH.D. | EISHA GOLDSTEIN, PH.D.**

Foreword by JON KABAT-ZINN, PH.D. | Afterword by SAM SANTORELLI, ED.D.

# A Mindfulness Based Stress Reduction Workbook

**Gina M. Biegel, Todd H. Corbin**

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