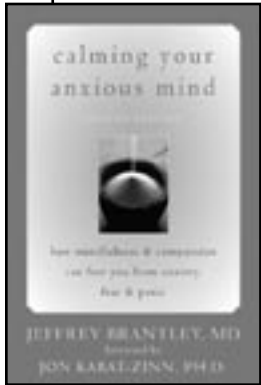


Calming Your Anxious Mind, the book that taught thousands of Americans to relieve anxiety with mindfulness is now out in a second edition.



"Since the first book...I have heard requests for more information about research and meditation, and also more specific instruction for meeting the difficult energies of fear, anxiety, and panic with spaciousness and openheartedness," says Jeffrey Brantley, MD. His response is the **Second Edition** of *Calming Your Anxious Mind: How Mindfulness & Compassion Can Free You from Anxiety, Fear & Panic* (June 2007; New Harbinger Publications).

This major new edition includes two new chapters and extensive additions to existing chapters. Here's just some of what you'll find in *Calming Your Anxious Mind: How Mindfulness & Compassion Can Free You from Anxiety, Fear & Panic, Second Edition*.

The latest news about mindfulness

Did you know that mindfulness is a key component in two major new therapies that have the psychological community abuzz? Dialectical behavior therapy (DBT) and acceptance & commitment therapy (ACT) both employ employee mindfulness. ACT was the subject of a *Time* magazine feature in 2006.

Specific meditations for staying mindful through anxiety's most troubling symptoms

"I am so bothered by these upsetting feelings of anxiety, I don't want to pay attention more closely to them. I am afraid to pay attention more closely. What can I do." Brantley often hears this from his clients. In this new edition he offers specific meditation exercises for addressing this fear. See page 2 for an example.

Help for finding safety and silence

"Learning to access feelings of safety, and to rest in the vast domain of inner silence empowers you to enter and remain more steadily in your own great heart of awareness. From there, you can access freedom and wisdom regarding fear, anxiety, and panic, and perhaps, also discover an unsuspected wonder and appreciation for all life's gifts," says Brantley. He offers meditation exercises for accessing this safety and silence.



Photo: Kent Murray

Jeffrey Brantley, MD, is a consulting associate in the Duke Department of Psychiatry and the founder and director of the Mindfulness-Based Stress Reduction Program at Duke University's Center for Integrative Medicine. He is coauthor of *Five Good Minutes*, *Five Good Minutes in the Evening*, *Five Good Minutes at Work*, and *The Dialectical Behavior Therapy Skills Workbook*.

Foreword writer **Jon Kabat-Zinn, Ph.D.**, is the author of numerous books, including *Full Catastrophe Living* and *Coming to Our Senses*.

"(Calming Your Anxious Mind) and the methods it presents can serve as a remarkable pathway to freedom from the imprisonment of chronic anxiety and panic..."

—from the foreword by Jon Kabat-Zinn, Ph.D., author of *Full Catastrophe Living* and *Coming to Our Senses*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

Calming Your Anxious Mind: How Mindfulness & Compassion Can Free You from Anxiety, Fear & Panic, Second Edition
Jeffrey Brantley, MD, Foreword by Jon Kabat-Zinn, Ph.D., June 2007, ISBN-10: 1-57224-487-9, ISBN-13: 978-1-57224-487-0
\$14.95, 6 x 9, 227 pages, New Harbinger Publications, www.newharbinger.com

Sample Meditation Exercise: The “Yes” Practice

The habits of aversion and ill will are deep, swift to arise, and often unconscious. One can be already deeply caught up in fighting the upset without knowing when or how the fight started!

Coupled with mindful attention to what is happening, the simple practice of saying “yes” to experiences as you become aware of them can release you from the deep habits of reactive aversion, and help you stay connected to the present moment.

The instructions are simple: As you are practicing mindfulness formally or informally, and you notice any pain or resistance arising, name the pain or upset that is present, and respond with a friendly “yes” to that experience, as if talking to it directly. For example: “Fear about my health, yes!” “Pain in my tooth, yes!” “Anxiety and worry about my job, yes!”

You may want to try this in informal practice (the situations of daily life). For example: “Stuck in traffic, not moving, yes!” “Angry about what my coworker just said, yes!” “Frightened by the people walking toward me, yes!”

A practical note: saying “yes” to experience assumes you have done or will do what needs to be done as a skillful response. It does not mean being a doormat.

The “yes” practice is a way for you to activate openheartedness as you pay attention moment by moment. Being mindful— noticing what is happening as it is happening—implies making space, being accepting, and not becoming lost in aversion and reactivity. By saying “yes” to experience, you can release the habits of judging and striving for something else, and thus taste true mindfulness more deeply.

Questions for Jeffrey Brantley, MD

1. Why did you think there was a need for a second edition of *Calming Your Anxious Mind*?
2. What is mindfulness and what are some misconceptions about it?
3. In the new edition you talk about how mindfulness has become part of some new therapies. Can you tell us a little about this?
4. Can you give us an update about what recent research tells us about mindfulness?
5. How did a conventionally trained psychiatrist like yourself become so interested in practices that are often viewed as “alternative?”
6. You talk about finding safety and silence in this new edition of *Calming Your Anxious Mind*. What do you mean by that?
7. You say that “mindfulness is a way of living, not a technique.” What do you mean by that?
8. Why do you think that so many Americans suffer from anxiety?
9. You also talk about compassion in your book. What role does it play in relieving anxiety?
10. Can you walk us through a mindfulness exercise?

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Raves for *Calming Your Anxious Mind*

"This book is a welcome edition to the anxiety disorders field. Comprehensive as well as clearly written, it provides a wealth of information on the use of meditation and mindfulness practice in recovery from anxiety disorders."

—**Edmund J. Bourne, Ph.D.**, author of *The Anxiety & Phobia Workbook* and *Coping with Anxiety*

"Dr. Brantley's book is clear and warm. It takes the mystery out of meditation and explains how things that at first site appear 'ordinary' are in fact very important. His extensive clinical experience and his empathy constantly shine through the book."

—**Jonathan Davidson, MD**, director of the Anxiety and Traumatic Stress Program at Duke University

"I think the book is fantastic and believe it will fill an important niche in the treatment of anxiety disorders. The information on the physiology of anxiety and the stress response helps to demystify the symptoms for readers, making their problem seem more manageable. Beautifully guided meditations anticipate and address the questions that anxious new meditators will have. The instructions to stay present with the anxiety is powerful and healing. I know I will be recommending it to my patients and colleagues."

—**Holly B. Rogers, MD**, staff psychiatrist with Duke University Counseling and Psychological Services

"As a psychotherapist and teacher of stress reduction, I find this book helpful to clients and clinicians, as well as to meditators wishing to deepen their own practice. Brantley gives practical and compassionate guidance to anyone seeking skillful ways to work with anxiety and panic."

—**Allie Rudolph, LCSW**, founder and codirector of the University of Virginia Mindfulness-Based Stress Reduction Program

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