



Daily Meditations for Calming Your Anxious Mind

Jeffrey Brantley MD, Wendy Millstine NC

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Trying to control your anxious thoughts can backfire, making them more prevalent, not less. The best way to calm these common feelings is by attuning yourself to your thoughts in a nonjudgmental, attentive manner, acknowledging your anxieties but choosing to act rather than react.

From the author of **Calming Your Anxious Mind** comes **Daily Mediations for Calming Your Anxious Mind**, a collection of more than sixty-four daily mindfulness-based meditations to help you engage with the present moment, manage stress and anxiety, and rediscover the joy in living. Each meditation contains an easy-to-learn visualization exercise, affirmation, or activity, with meditations grouped into four sections: relaxing and feeling safe, embracing joys and fears, befriending your anxious mind and body, and connecting to the web of life.

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