



The Mindful Path through Worry and Rumination: Letting Go of Anxious and Depressive Thoughts

Sameet M. Kumar

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Do you find yourself ruminating about things you can't control? Worrying about those yet-to-complete goals and projects? What about just feeling like you're not the person you want to be?

People who worry and ruminate find it difficult to stop anxiously anticipating future events and regretting or rethinking past actions. Left unchecked, this tendency can lead to mental health problems such as depression and generalized anxiety disorder. *The Mindful Path Through Worry and Rumination* offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological techniques to help you stop overthinking what you can't control-the future and the past-and learn how to find contentment in the present moment.

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