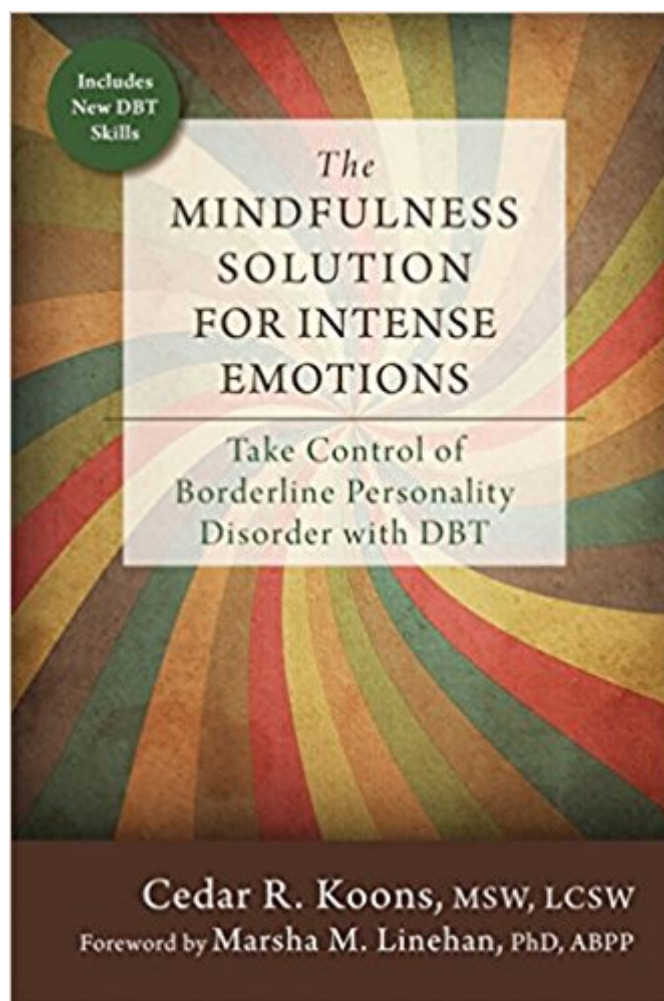


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# The Mindfulness Solution For Intense Emotions: Take Control Of Borderline Personality Disorder With DBT



## Synopsis

The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions. If you suffer from intense emotions, you are not alone. Millions of Americans are diagnosed with emotion regulation disorders, such as borderline personality disorder (BPD) and other comorbid conditions like post-traumatic stress disorder (PTSD), and severe depression. Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all. In this book, you'll learn seven powerful skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty. You can feel calmer, more grounded, and centered. If you're ready, the mindfulness practices in this book will help you move away from a chaotic, emotion-driven life and cultivate a focused, intentional one.

## Book Information

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## Customer Reviews

"Cedar Koons has written a thorough, practical workbook for people with intense emotions. Often mindfulness skills seem mysterious, and explaining them to another person is like trying to help someone understand what chocolate tastes like when they have never tasted it before. Koons

bridges the gap between Eastern/Buddhist practice and a way to know and regulate intense emotions by providing the reader with concrete examples, case stories, and practices. I will recommend this book to all of my emotionally intense clients.

• Shari Manning, PhD, founding partner of the Treatment Implementation Collaborative, LLC, a group that provides dialectical behavior therapy (DBT) training, consultation, and supervision worldwide; and practicing DBT therapist of over twenty years who was trained by Marsha Linehan, PhD

• “A seasoned expert in both dialectical behavior therapy (DBT) and mindfulness, Cedar Koons has packed a ton of wisdom into this book. She brings the material alive with vivid writing and her use of illustrative case examples and practical mindfulness exercises. Even more impressively, she unpacks concepts such as *“wise mind”* in a way that is both true to DBT, and practical for readers who are first learning about DBT mindfulness skills. I would highly recommend this book for anyone struggling with intense, hard-to-tolerate emotions. Clinicians helping people with intense emotions will also benefit greatly from Cedar Koons’ practical guidance on how to understand and use mindfulness skills.”

• Alexander L. Chapman, PhD, RPsych, professor of psychology at Simon Fraser University, president of the DBT Centre of Vancouver, and coauthor of *The Dialectical Behavior Therapy Skills Workbook for Anger*, *The Borderline Personality Disorder Survival Guide*, and *The Dialectical Behavior Therapy Skills Workbook for Anxiety*

• “Reading Cedar Koons’ wonderful book was an exercise in beginner’s mind. It is a reminder that there are infinite ways to practice mindfulness, and so the book will resonate with the person new to mindfulness as well as with the expert who is open to the richness of new teachings. By practicing the skills in this book, the result for the person struggling with intense emotions will be greater mastery and control of their experience; and the expert, too, if open to new learning, will continue to strengthen and broaden the delivery of skilled and compassionate care.”

• Blaise Aguirre, MD, medical director at McLean 3East Continuum of Care, assistant professor of psychiatry at Harvard Medical School, author of *Borderline Personality Disorder in Adolescents*, and coauthor of *Mindfulness for Borderline Personality Disorder and Coping with BPD*

• “I highly recommend *The Mindfulness Solution for Intense Emotions* to anyone who is struggling with intense emotions. Cedar Koons’ teaching, examples, and stories are so clear, engaging, and inspiring. If you are wondering which self-help book to buy, this is the one. It gets right to the heart of the matter!”

• Mitch Ditkoff, cofounder and president of Idea Champions, and author of *Storytelling at Work*

• “Two things are certain: the path through suffering involves an active practice of mindfulness, and the way is much smoother and direct when guided by a skilled, compassionate, and astute teacher. Cedar Koons, a gifted writer, inspiring mindfulness practitioner, and dialectical behavior therapy (DBT)

master, is just that person, and her book, *The Mindfulness Solution for Intense Emotions*, is just the road map many of us need to begin or strengthen our own mindfulness practice. Cedar's deep wisdom about mindfulness and DBT resonates throughout each page through story, vignette, explanation, and practical exercises. Her style is personal, accessible, and direct. For those of us who seek solace from suffering, to live freely with our eyes and hearts wide open, this book is for you!

Linda A. Dimeff, PhD, president and chief scientific officer at Evidence-Based Practice Institute in Seattle, WA; institute director at Portland DBT Institute in Portland, OR; and coeditor of *Dialectical Behavior Therapy in Clinical Practice*

Cedar R. Koons, MSW, LCSW, has practiced mindfulness for over forty years. She has assisted at numerous retreats with Marsha Linehan, Roshi. As a therapist, dialectical behavior therapy (DBT) team leader, researcher, trainer, and consultant, Koons has taught the skills she describes in this book to people struggling to find relief from intense emotions. She resides in Dixon, NM. Foreword writer Marsha M. Linehan, PhD, is developer of dialectical behavior therapy (DBT), and professor of psychology and director of the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington in Seattle, WA. She is author of *Cognitive-Behavioral Treatment of Borderline Personality Disorder* and *Skills Training Manual for Treating Borderline Personality Disorder*.

Provides lots of good examples and advice. It focuses mainly on the mindfulness skills. It's good for folks looking for a more in depth explanation of mindfulness.

I use this with clients as work and they love it

"Intense" emotions can swallow you like quicksand. The more you fight them, the deeper you sink until you drown in misery. Cedar Koons offers an array of proven, practical and powerful tools to help you pull yourself back onto terra firma. You can then enjoy a clear perspective of reality and move forward with dignity. Simple and brilliant!

A fantastic resource book for the sufferer and for family members.

Excellent book about mindfulness in DBT. The author is the best in the business. Great approach to a very abstract material.

I have heard a lot about mindfulness, but always felt that descriptions of it were vague and confusing. This book is clear, direct, and specific, with interesting case examples that help illustrate the principles. I found this book really helpful for handling stressful experiences. My friend is a yoga teacher and is pretty knowledgeable about mindfulness, and she said she learned a lot from the book as well. So I think this book is good for novices and those who are more experienced with mindfulness.

This book very educational -

Although there are already books on Mindfulness and Mindfulness skills, I think it can be very challenging to imagine and conceptualize just how a person who is in a lot of psychic pain and anguish would be able to use these skills. Ms. Koons does an excellent job both of giving concise and to the point overviews of the DBT Mindfulness skills as well as giving very detailed and specific examples of how people in a lot of pain have successfully used those skills. And, in the examples she gives, Ms. Koons doesn't pretend that using the skills is easy--she depicts and emphasizes the necessity and the how-to of practicing, overcoming barriers, etc. I would think this book is sufficiently jargon-free to be of great help to clients; while at the same time being detailed and state-of-the-art enough to also be of great help to therapists. Plus, Ms. Koons models how mental health practitioners can discuss complicated and difficult subjects without resorting to jargon. Lindsey Tweed MD

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