



Living with Your Heart Wide Open: How Mindfulness & Compassion Can Free You from Unworthiness, Inadequacy & Shame (Paperback) - Common

By (author) Bob Stahl By (author) Steve Flowers

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In *Living with Your Heart Wide Open*, Steve Flowers, a prominent mindfulness-based stress reduction (MBSR) teacher, and Bob Stahl, author of the bestselling *Mindfulness-Based Stress Reduction Workbook*, help readers use mindfulness to move past the universal feelings of shame and self-loathing and develop greater confidence and self-esteem.

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