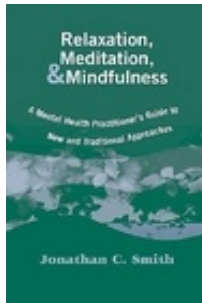


A Journey Into Worlds of Relaxation

A review of



Relaxation, Meditation & Mindfulness: A Mental Health Practitioner's Guide to New and Traditional Approaches

by Jonathan C. Smith

New York: Springer Publishing Company, 2005. 368 pp.
ISBN 0-8261-2745-2. \$44.95

Reviewed by

[Yasmin Nilofer Farooqi](#)

SELECTIONS

Smith offers well-structured, systematic, straightforward, practical instructions and concrete illustrations of the application of yogaform stretching, progressive muscle relaxation, breathing exercises, autogenic training, imagery and relaxing self-talk, and meditation and mindfulness. **[T]he author's rich clinical experience in the theory and practice of professional deep relaxation is reflected in his cogent analysis of six families of relaxation techniques. I found it to be the most complete instructional manual ever developed for mental health professionals.** Smith eloquently explains which specific exercises will be included for whom, why, how many sessions will be required, how long each session will run, and whether any home practice will be needed.

In my opinion, the book will be of great interest not only to the practitioners and students of psychotherapy, medicine, psychiatry, neurology, and stress management but to anyone interested in understanding the new and traditional approaches to relaxation, meditation, and mindfulness. This book contains detailed description of how relaxation works and comprehensive guidelines for how to make an audio recording of relaxation script, how to teach each of the six families of relaxation techniques to different clients or groups, and when to use which assessment tools and inventories throughout the relaxation training process. **Therefore, I strongly recommend this book as an essential reading material for professionals, researchers, practitioners, and students in all related areas of mental health and medicine.**

Certainly, the author brings to this volume his extensive knowledge of stress management and cultivated relaxation skills as well as a wealth of clinical and research experience of more than 30 years with thousands of clients at Roosevelt University Stress Institute. He successfully takes the reader on an exciting journey into the thrilling world of relaxation. His skill in writing, encyclopedic knowledge, and professional integrity shine through all 368 pages of this highly engaging and appealing book.

Replete with hundreds of ideas, well-thought-out guidelines, well-structured step-by-step instructions, and thorough discussions about practical issues regarding relaxation, meditation, and mindfulness, this book is, indeed, a storehouse of knowledge for novice practitioners and seasoned professionals alike. It is an invaluable source of information for those who are interested in developing and maintaining professional practice or in gaining a more comprehensive understanding of professional deep relaxation.

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May 10, 2006 Vol. 51 (19), Article 13

1554-0138

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