



# Effortless Mindfulness: Genuine Mental Health Through Awakened Presence

*Lisa Dale Miller*

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*Effortless Mindfulness* promotes genuine mental health through the direct experience of awakened presence—an effortlessly embodied, fearless understanding of and interaction with the way things truly are. The book offers a uniquely modern Buddhist psychological understanding of mental health disorders through a scholarly, clinically relevant presentation of Theravada, Mahayana and Vajrayana Buddhist teachings and practices. Written specifically for Western psychotherapeutic professionals, the book brings together traditional Buddhist theory and contemporary psychoneurobiosocial research to describe the conditioned and unconditioned mind, and its in-depth exploration of Buddhist psychology includes complete instructions for psychotherapists in authentic, yet clinically appropriate Buddhist mindfulness/heartfulness practices and Buddhist-psychological inquiry skills. The book also features interviews with an esteemed collection of Buddhist teachers, scholars, meditation researchers and Buddhist-inspired clinicians.

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