



# Wise Mind Living: Master Your Emotions, Transform Your Life

By Erin Olivo

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## Wise Mind Living: Master Your Emotions, Transform Your Life By Erin Olivo

Are you easily overwhelmed by your emotions? Is stress hurting your relationships and getting in the way of reaching your goals? With *Wise Mind Living*, esteemed psychotherapist and Columbia University professor Dr. Erin Olivo presents an in-depth resource that empowers us to stop struggling with emotions like fear, anger, shame, and sadness—and discover the doorway to better health and increased fulfillment in every area of our lives.

“When you’re living in balance between your emotions and logic, you’re experiencing Wise Mind Living,” explains Dr. Olivo. “It’s when you have the confidence to deal with difficult decisions or situations because you’re in charge—not your emotions.” The teachings and practices in this book give you a new understanding of the physiology of emotions and the debilitating effects of stress. Dr. Olivo provides mindfulness-based exercises and lifestyle skills to help us change the way we think, feel, and behave in situations where stress and anxiety arise, and gives practical instruction in putting it all together to manage your emotions for health and well-being.

*Wise Mind Living* invites you to explore:

- Mindfulness—what it is and how to practice it
- Combining the strategies of change and acceptance
- The universal structure of all emotional experience
- Becoming fluent with the eight core categories of emotion
- Why there is no such thing as a “negative” emotion
- The Wise Mind Review to objectively observe your experiences
- Overcoming conditioned responses and knee-jerk reactions
- Relinquishing struggle as the pathway to change
- Plus, step-by-step instruction in Dr. Olivo’s six-week Wise Mind Living program

For anyone looking to get a handle on stress and anxiety once and for all, *Wise Mind Living* gives you a practical resource to help you navigate life’s difficulties

with balance, confidence, and inner peace.

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## **Wise Mind Living: Master Your Emotions, Transform Your Life By Erin Olivo Bibliography**

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### Editorial Review

#### Review

“*Wise Mind Living* offers brilliant and practical medicine for everyone who feels stressed and out of touch with their innate inner healer!”

—Christiane Northrup, MD, OB/GYN and author of the *New York Times* bestsellers: *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

“Down-to-earth and immediately helpful, this creative integration of mindfulness and emotions brings true wisdom and a loving heart to the stresses, worries, frustrations, and hurts of everyday life. With a fresh and lively perspective, this is a truly distinctive contribution.”

—Rick Hanson, PhD, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

“Both insightful and accessible, *Wise Mind Living* offers a wonderful approach to managing emotions. Erin Olivo distills her years of experience and expertise into a helpful program for anyone seeking guidance in living more easily with their emotions.”

—Sharon Salzberg, cofounder of the Insight Meditation Society

“I am deeply impressed by Dr. Olivo’s insights and her practical instructions for steering our emotions in positive ways instead of being overwhelmed by them, causing negative outcomes for ourselves and others. This book is a treasury of healing—good for us all. I highly recommend it!”

—Robert A. F. Thurman, PhD, professor of Indo-Tibetan Buddhist studies at Columbia University and author of *Infinite Life*

“Erin Olivo is the smartest, most thoughtful practitioner of integrative medicine I know, and her book offers a comprehensive guide to using integrative tools for managing emotions.”

—Richard P. Sloan, PhD, professor of behavioral medicine at Columbia University

#### About the Author

### Erin Olivo

Erin Olivo, PhD is an assistant clinical professor of medical psychology at the Columbia University College of Physicians and Surgeons. She is the former director of the Columbia Integrative Medicine Program, which she headed in collaboration with Dr. Mehmet Oz. Dr. Olivo has intensive training in Dialectical Behavior Therapy (DBT), Mindfulness Based Cognitive Therapy (MBCT) and clinical hypnosis, and has a psychotherapy practice in New York City. Learn more at [www.erinolivo.com](http://www.erinolivo.com)

### Users Review

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**Lizzie Chandler:**

Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Wise Mind Living: Master Your Emotions, Transform Your Life the mind will drift away through every dimension, wandering in each aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a e-book then become one form conclusion and explanation which maybe you never get prior to. The Wise Mind Living: Master Your Emotions, Transform Your Life giving you another experience more than blown away the mind but also giving you useful facts for your better life within this era. So now let us explain to you the relaxing pattern is your body and mind is going to be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

**Craig Baker:**

Are you kind of active person, only have 10 or even 15 minute in your day to upgrading your mind expertise or thinking skill even analytical thinking? Then you are receiving problem with the book than can satisfy your short period of time to read it because this all time you only find book that need more time to be learn. Wise Mind Living: Master Your Emotions, Transform Your Life can be your answer given it can be read by you who have those short free time problems.

**Juan Crowe:**

The book untitled Wise Mind Living: Master Your Emotions, Transform Your Life contain a lot of information on the idea. The writer explains your girlfriend idea with easy method. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author gives you in the new time of literary works. You can read this book because you can read more your smart phone, or model, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice go through.

**William Copeland:**

A lot of people said that they feel bored when they reading a publication. They are directly felt the item when they get a half regions of the book. You can choose the actual book Wise Mind Living: Master Your Emotions, Transform Your Life to make your reading is interesting. Your personal skill of reading proficiency is developing when you including reading. Try to choose very simple book to make you enjoy to learn it and mingle the feeling about book and examining especially. It is to be very first opinion for you to like to start a book and go through it. Beside that the guide Wise Mind Living: Master Your Emotions, Transform Your Life can to be your brand-new friend when you're sense alone and confuse with what must you're doing of their time.

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