



Wise Mind Living: Master Your Emotions, Transform Your Life

By Erin Olivo Ph.D.

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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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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

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