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# Mindfulness, Neurobiology and Gestalt Therapy

*Declan Brady*

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# Mindfulness, Neurobiology and Gestalt Therapy

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This current book offers such a continuing contribution to this field along with our ability as a therapy to integrate the diversity of fields such as ancient spirituality with advances in the physical sciences, in this case neurobiology and Buddhism. What is an additional benefit is the author, Declan Brady, offers specific mindfulness based techniques and practices that you can use in your clinical practice and personal life. He also draws on his personal experience of many years of practice in Buddhist based meditation as well as his interest in neuroscience and neurobiology, linked to his personal therapy experience and clinical work with clients.

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