RAIN Mindfulness Framework

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Explore the RAIN mindfulness framework for responding to difficult emotions.

What this guide covers

- Recognize and allow an experience.
- Investigate it with gentle attention.
- Practice self-compassion and build a support toolkit.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 14. Words: 939.

Download availability: After payment, download the complete ZIP package or the included PDF separately.