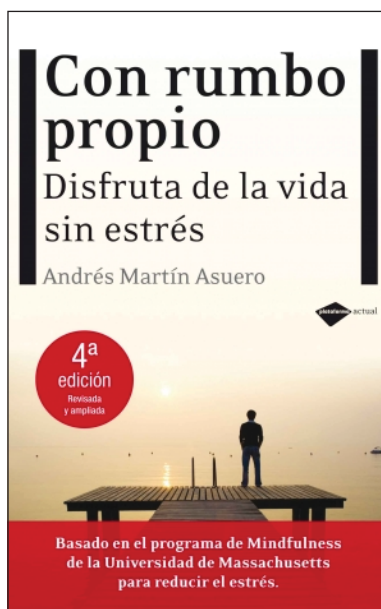


# Set your own course

by Andrés Martín



## SET YOUR OWN COURSE

### FACING CRISIS SITUATIONS

BY ANDRES MARTIN

216 pages

Current Times

■ "I am delighted that Andrés decided to write this book. In my experience, a greater conscience in the work environment invariably leads to clarity, satisfaction and effectiveness" *Jon Kabat Zinn Professor Emeritus of Medicine Director of the Center for Mindfulness, University of Massachusetts*

### SYNOPSIS

Dr. Martín explains in this work the Mindfulness Based Stress Reduction technique, and how to use it to our advantage on a day to day basis. The author uses sincere, naked words to recount his own personal experience, and offers practical solutions to manage emotions, diet, time, communication and relaxation.

### ABOUT THE AUTHOR



Andrés Martín holds degrees in Biology, International Business Administration and an MBA. He studied MBSR in the University of Massachusetts. At the moment, he combines corporate teaching with research in Stress Reduction, for which he received the REIDE Investigation Prize in 2005. He is a Training Lab associate and member of the MIT's Society for Organizational Learning. He works with companies, hospitals, universities and professional sports teams.

He coaches programs on Stress Reduction, Leadership, and Change Management and Motivation.

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