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Title: The Mindful Way Workbook: An 8-week Program To Free Yourself From Depression And Emotional Distress Format: Paperback Product dimensions: 228 pages, 10.5 X 8 X 0.68 in Shipping dimensions: 228 pages, 10.5 X 8 X 0.68 in Published: 2 janvier 2014 Publisher: Guilford Publications Language: English

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He collaborated with John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence

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in major depression; together, they coauthored Mindfulness-Based Cognitive Therapy for Depression, Second Edition (for mental health professionals), as well as the self-help guides The Mindful Way Workbook and (with Jon Kabat-Zinn) The Mindful Way ...

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The Mindful Way Workbook by Teasdale, John (ebook)

Mindful Living Workshop is a Mindfulness-Based Cognitive Therapy (MBCT) Workshop based on The Mindful Way Workbook by Teasdale, Williams and Segal, 2016. This workshop is suitable for people who are struggling with Anxiety, Depression or Emotional Distress, and are feeling well enough to learn Mindfulness Meditation to become, and stay well.

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