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The Mindful Way Workbook: An 8-Week Program to Free ...

In the introduction, the authors mention that this workbook can be used to augment an in-person Mindful Self-Compassion (MBC) class or on its own. They suggest allocating thirty minutes a day to the program, and working your way through one or two chapters a week.

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If you have already read The Mindful Way through Depression, this workbook will give you all the additional tools and detailed practical guidance you need to take yourself through the MBCT program.

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The Mindful Way Workbook : John Teasdale : 9781462508143

Imagine an eight-week program that can help you overcome depression, anxiety, and stress - by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT). It has been tested and proven effective in clinical trials throughout the world.

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