

## The Mindful Way Workbook An 8 Week Program To Free Yourself From Depression And Emotional Distress

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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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Reproducible Materials: The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress Author: John D. Teasdale, J. Mark G. Williams, and Zindel V. Segal: Foreword by Jon Kabat-Zinn Subject

**Whatever you sit on, arrange things so that your knees are ...**

The Mindful Way Workbook gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: Mindfulness-Based Cognitive Therapy with People at Risk of Suicide extends and refines MBCT for clients with suicidal depression.

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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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