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

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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: An 8-Week Program to Free Yourself from Depression and Emotional Distress John D. Teasdale, J. Mark G. Williams, Zindel V. Segal Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings.

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Imagine an 8-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), and it has been tested and proven effective in clinical trials throughout the world.

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Working with Difficulty Meditation or simply Bells at 5, 10, 15, 20, and 30 Minutes (all from The Mindful Way Workbook). Feel free to experiment with various combinations day to day. Whichever meditation practice you choose, be consciously aware of thoughts as thoughts – not thoughts as “ you ” or as “ truth. ”

MINDFULNESS HOMEWORK: SEEING THOUGHTS AS THOUGHTS

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