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Published by the author
John D Teasdale
Published On
January 2014

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

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relapse and recurrence 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)

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