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And Emotional Distress Author  
John D Teasdale Published On  
January 2014

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in Published: 2 janvier 2014 Publisher:  
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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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He collaborated with John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent 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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This workbook is for carers. It is an introduction to the benefits of mindfulness to manage stress.

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Segal, 2016. This workshop is suitable  
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learn Mindfulness Meditation to become,  
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