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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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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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