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The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress. Paperback - 31 January 2014. by John Teasdale (Author), J. Mark G. Williams (Author), Zindel Segal (Author) & 0 more. 4.5 out of 5 stars 328 ratings.

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The Mindful Way Workbook Book Review: 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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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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### The Mindful Way Workbook by Teasdale, John (ebook)

Mindful Living Workshop is a Mindfulness-Based Cognitive Therapy (MBCT) Workshop based on The Mindful Way Workbook by Teasdale, Williams and Segal, 2016. This workshop is suitable for people who are struggling with Anxiety, Depression or Emotional Distress, and are feeling well enough to learn Mindfulness Meditation to become, and stay well.