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The Mindful Way Workbook can be used as an adjunct in therapy, as part of a class, or by anyone who wants to learn to cope as part of a self-help program. The authors, John Teasdale, Mark Williams, and Zindel Segal, suggest that readers might find their prior book, The Mindful Way Through Depression , a helpful addition, but I think this newer workbook ably stands on its own.

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“ The authors are leading experts in developing the scientific theories and experiential skills of how mindfulness can help to disrupt the ruminative cycle that perpetuates depression....This book is written and arranged in such a way that the layman with no prior knowledge of cognitive theory of depression can easily understand why and how MBCT can be of benefit to them....This workbook is ...

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