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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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He collaborated with Mark Williams and Zindel Segal 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 An

"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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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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