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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.

The Mindful Way Workbook: An 8-Week Program to Free ...

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress  
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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.

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The Mindful Way Workbook: An 8-week Program To Free ...

The Mindful Way Workbook gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: Mindfulness-Based Cognitive Therapy with People at Risk of Suicide extends

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Workbook). Feel free to experiment with various combinations day to day. Whichever meditation practice you choose, be consciously aware of thoughts as thoughts – not thoughts as “you” or as “truth.”

**MINDFULNESS HOMEWORK:  
SEEING THOUGHTS AS THOUGHTS**  
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