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Mindfulness Based Cognitive Therapy for amazon com

January 12th, 2019 - This acclaimed work now in a new edition has introduced tens of thousands of clinicians to mindfulness based cognitive therapy MBCT for depression an 8 week program with proven effectiveness

Mindfulness Based Cognitive Therapy for Anxious Children

December 30th, 2018 - Mindfulness Based Cognitive Therapy for Anxious Children offers a complete professional treatment program designed to help children ages nine through twelve who struggle with anxiety

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