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dreams? For many, worry, fear, or negativity  
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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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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 and refines MBCT for clients with suicidal depression. The Mindful Self-Compassion Workbook

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