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The Mindful Way Through Depression: Freeing Yourself From ...The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness By Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn. Guilford Publications. 2007. 278pp. US\$19.95 (pb). ISBN 9781593851286 Freeing Ourselves From Unhappiness, Or, If We Have Done That And Got The T-shirt, Apr 3th, 2024.

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The Mindful Way Workbook
The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness Mark Williams, John Teasdale, Zindel Segal, And Jon Kabat-Zinn For Professionals Mindfulness-Based Cognitive Therapy For Depression, S Apr 8th, 2024
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