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He collaborated with John Teasdale and Mark Williams 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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Mindful Living Workshop is a Mindfulness-Based Cognitive Therapy (MBCT) Workshop based on The Mindful Way Workbook by Teasdale, Williams and Segal, 2016. This workshop is suitable for people who are struggling with Anxiety, Depression or Emotional Distress, and are feeling well enough to learn Mindfulness Meditation to become, and stay well.

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