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# MINDFULNESS-BASED CANCER RECOVERY



—  
A  
Step-by-Step  
MBSR Approach  
to Help You  
Cope with  
Treatment &  
Reclaim Your  
Life  
—

LINDA E. CARLSON, PH.D., R.PSYCH.  
MICHAEL SPECA, PSY.D., R.PSYCH.  
FOREWORD BY ZINDEL SEGAL, PH.D.

# Mindfulness Based Cancer Recovery Mindfulness Based Cancer Recovery

**Emilie Sanchez**



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