

Making Everything Easier!

Mindfulness-Based Cognitive Therapy

FOR
DUMMIES
A Wiley Brand

Learn to:

- Identify and banish negative thought processes
- Understand your past experiences while staying in the present
- Use MBCT to overcome depression, addiction, anxiety and more



*Download the audio files
of guided meditations*

Dr Patrizia Collard

Counsellor, trainer, coach and therapist



Mindfulness Based Cognitive Therapy For Dummies

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Mindfulness Based Cognitive Therapy For Dummies:

The Enigmatic Realm of **Mindfulness Based Cognitive Therapy For Dummies**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Mindfulness Based Cognitive Therapy For Dummies** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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