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Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings. 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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Working with Difficulty Meditation or simply Bells at 5, 10, 15, 20, and 30 Minutes (all from The Mindful Way Workbook). Feel free to experiment with various combinations day to day. Whichever meditation practice you choose, be consciously aware of thoughts as thoughts - not thoughts as "you" or as "truth."

MINDFULNESS HOMEWORK: SEEING THOUGHTS AS THOUGHTS

It's tempting to keep unsettling issues top of mind - the same way we review our to-dos - to prepare. ... The Mindful Way Through Anxiety Workbook." ... mindfulness correlates with ...

How to Worry More Mindfully - The New York Times

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