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Twelve: Introducing the Teacher

Chapter Thirteen: Embodying the Practice Chapter Fourteen: Facilitating The Learning; Chapter Fifteen: The Three Circle Model: A Formulation of MBCT for Cancer (MBCT-Ca); Personal Story - Geraint; Epilogue; Resources and Links; Bibliography; Sources and Permissions; Subject Index

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Sommario/riassunto

Mindfulness-based Cognitive Therapy for Cancer presents an eight-week course for MBCT which has been tried and tested over ten years of clinical use, and is targeted specifically for people with cancer. There is growing evidence of mindfulness as a successful and cost-effective intervention for reducing the negative psychological impact of cancer and treatment. Draws upon the author's experience of working with people with cancer, and her own recent experience of using mindfulness with cancer diagnosis and treatment. Stories from cancer patients

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