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| Sommario/riassunto      | Mindfulness-based cognitive therapy (MBCT) is a powerful and evidence-based treatment for depression, anxiety, and other mental health conditions. At the heart of teaching this mindfulness-based program is the practice of embodied mindful presence--a focused awareness of experience. If you're looking to incorporate MBCT in your work with clients, this comprehensive professional guide will help you gain the knowledge and confidence you need-- |