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Altri autori (Persone)	HerbertJames D. <1962-> FormanEvan M
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Sommario/riassunto	Praise for Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies "'One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial a