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Author John
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Published
On January
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John D. Teasdale

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John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored Mindfulness-Based Cognitive Therapy for Depression, Second Edition (for mental health professionals), as well as the self-help guides The Mindful

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who wants to learn to cope as part of a self-help program. The authors, John Teasdale, Mark Williams, and Zindel Segal, suggest that readers might find their prior book, *The Mindful Way Through Depression*, a helpful addition, but I think this newer workbook ably stands on its own.

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learning new ways to
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