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The Mindful Way Workbook can be used as an adjunct in therapy, as part of a class, or by anyone 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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The Mindful Way Workbook can be used as an adjunct in therapy, as part of a class, or by anyone 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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