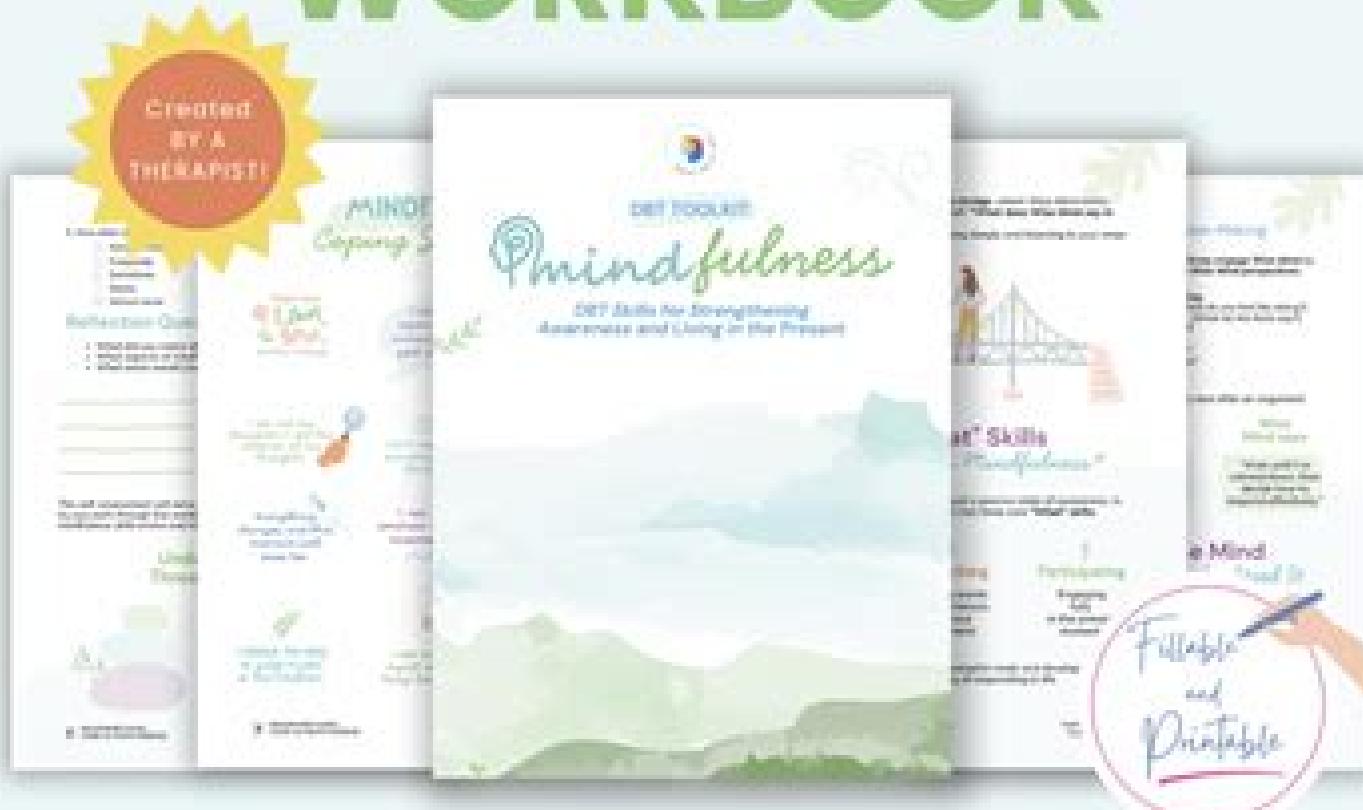


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# Complete Workbook Mindfulness Meditation

**Martha Langley**

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esteem relationship problems and sleeping problems Cognitive Behavioural Therapy CBT is an extremely effective treatment for depression and low mood and is used widely in the NHS The companion book to the popular Complete CBT Guide for Anxiety this practical self help book contains essential information about the nature of depression and covers a range of topics including insomnia relationships bipolar disorder and postnatal depression It also provides information on some of the latest treatments such as Mindfulness Behavioural Activation and Compassion Focused Therapy The chapters on individual techniques or problem areas are written by the leading experts in that field Includes individual chapters on Low self esteem by Melanie Fennell Insomnia and sleep problems by Colin Espie Rumination by Ed Watkins Relationship problems by Donald Baucom Bipolar Disorder by Warren Mansell Depression in the elderly Ken Laidlaw Postnatal Depression Peter Cooper Lynne Murray Depression and ill health Stirling Moorey Behavioural Activation by David Richards Compassion Paul Gilbert

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**Mindfulness and Acceptance in Couple and Family Therapy** Diane R. Gehart,2012-03-30 This book reviews the research and philosophical foundations for using mindfulness acceptance and Buddhist psychology in couple and family therapy It also provides a detailed and practical approach for

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