



Mindfulness-Based Cognitive Therapy For Dummies

Patrizia Collard

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Stay in the present and build a happier future

Mindfulness-Based Cognitive Therapy For Dummies takes you through the eight-week MBCT course, using the principles of mindfulness to complement established CBT techniques. You'll discover how using MBCT can help lower your risk of relapsing into depression and reduce the risk of other mental health disorders including anxiety, stress, and low self-esteem.

- Provides a solid foundation for positive mental health
- The downloadable audio files contain guided meditations, a core feature of the MBCT program
- MBCT works as an excellent supplement to therapy and may reduce the need for medication

If you suffer from depression, anxiety, insomnia, or a host of other mental health disorders, let *Mindfulness-Based Cognitive Therapy For Dummies* keep you in the present and build a happier future.

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