



Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression

By John R. McQuaid, Paula E. Carmona

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression, John R. McQuaid, Paula E. Carmona, Mindfulness is the conscious, uninvolved awareness of the present moment. Western psychologists have recently learned that this state of mind is particularly conducive to the accomplishment of cognitive behavioural therapy, or CBT. Built around a series of specific, step-by-step interventions, this book integrates the spiritual practice of mindfulness with psychological techniques for changing negative thoughts and behaviours into a powerful and proven-effective programme for coping with depression.



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