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MINDFULNESS-BASED COGNITIVE THERAPY FOR CANCER



Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. An Invitation to the Practice of Mindfulness. We may long for wholeness, suggests Jon Kabat-Zinn, but the truth is that it is already here and already ours. The practice of mindfulness holds the possibility of not just a fleeting sense of contentment, but a true embracing of a deeper unity that envelops and permeates our lives. With Mindfulness for Beginners you are invited to learn how...

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- Authored by Trish Bartley
- Released at 2017



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