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In the introduction, the authors mention that this workbook can be used to augment an in-person Mindful Self-Compassion (MBC) class or on its own. They suggest allocating thirty minutes a day to the program, and working your way through one or two chapters a week.

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Imagine an eight-week program that can help you overcome depression, anxiety, and stress - by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT). It has been tested and proven effective in clinical trials throughout the world.

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