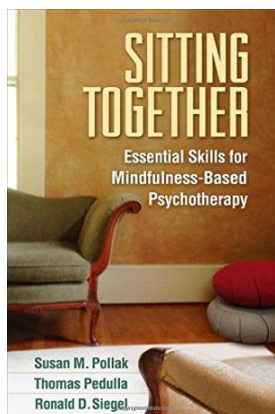


Find Kindle

SITTING TOGETHER: ESSENTIAL SKILLS FOR MINDFULNESS-BASED PSYCHOTHERAPY (PAPERBACK)



Guilford Publications, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular patients, while avoiding those that are contraindicated. The authors provide a wide range of meditations that build the core skills of focused attention, mindfulness, and compassionate acceptance. Vivid clinical examples show how to weave the practices into...

Download PDF Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy (Paperback)

- Authored by Susan M. Pollak, Thomas Pedulla, Ronald D. Siegel
- Released at 2016



Filesize: 1.98 MB

Reviews

Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.

-- **Dameon Hettinger**

A whole new e book with a brand new point of view. I could possibly comprehended every thing using this written e book. Its been written in an extremely simple way which is only soon after i finished reading through this ebook by which actually modified me, change the way in my opinion.

-- **Marcia McDermott**

Completely essential study publication. Better then never, though i am quite late in start reading this one. I am very easily could get a delight of reading a composed publication.

-- **Marilyne Macejkovic**
