



Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships

Bruno A. Cayoun

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This is a clear, streamlined guide to using Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) to improve well-being and manage a range of personal and interpersonal difficulties.

- Integrates the core principles of Eastern mindfulness with the Western evidence-based principles of CBT
- Provides simple and practical, step-by-step guidance to understanding and implementing the four stages of MiCBT with helpful FAQ sections, success stories from patients, and free access on the companion website to the author's MP3 audio instructions for basic and advanced mindfulness meditation techniques
- Written by the foremost expert in this area, with over 25 years' experience in mindfulness meditation and training from around the world
- Perfect for individuals working toward self-improvement on their own, as well as professionals assisting clients in individual or group therapy

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