

DAN PHILLIPS PhD

Mindfulness-Based Cognitive Therapy

*Treatment Manual for Depression, Addiction, Bipolar
Disorder, Trauma and Living a Healthy, Fulfilled Life*



Mindfulness Addiction Manual

Ying-Ying Zheng



Mindfulness Addiction Manual:

Delve into the emotional tapestry woven by in **Mindfulness Addiction Manual** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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