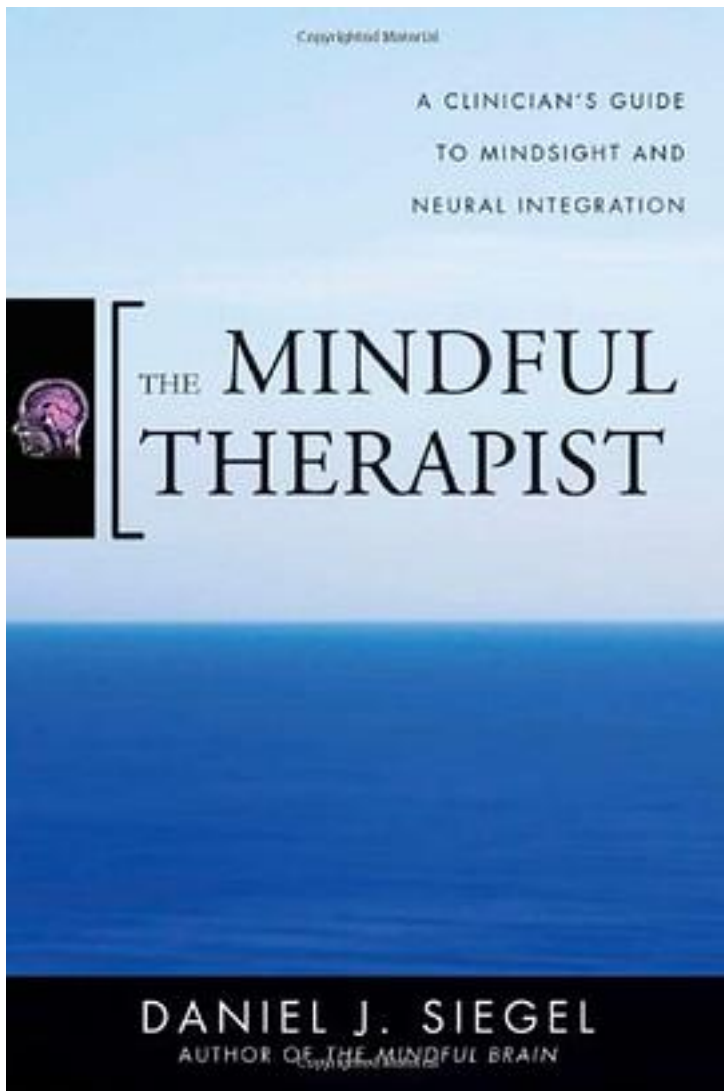


The Mindful Therapist



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Here, an internationally recognised expert on mindfulness and therapy reveals practical techniques that enable readers to harness their energies to promote healthy minds within themselves and their clients. A practical, direct-immersion, high-emotion, low-technospeak book, The Mindful Therapist engages readers in a personal and professional journey into the process of mindful integration that lies at the heart of health and nurturing relationships.

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标签

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英文原版

第八感

评论

西格尔自创的以神经学为基础的冥想研究，结合脑结构神经回路解读冥想练习堪称是正念里的一股清流。

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