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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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If you have already read The Mindful Way through Depression, this workbook will give you all the additional tools and detailed practical guidance you need to take yourself through the MBCT program.

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