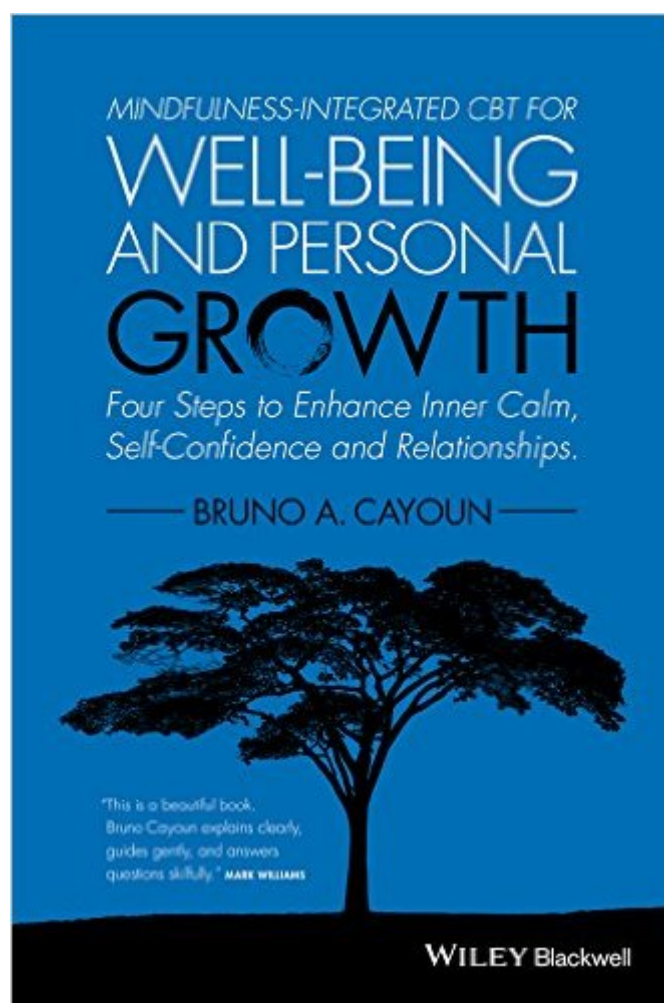


The book was found

# Mindfulness-integrated CBT For Well-being And Personal Growth: Four Steps To Enhance Inner Calm, Self-Confidence And Relationships



## Synopsis

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. Helpful FAQ sections. Success stories from patients. 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.

## Book Information

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## Customer Reviews

What words to describe the benefits that this programme has given me? I say programme because it is the most accurate word, for me, to describe what is contained in this book. It is an experiential

method, and you have to go through it to get the benefits - reading on its own will not be nearly as effective. As a result of going through this programme, I now walk around feeling lighter, happier, more spontaneous, happier in myself, more compassionate and connected to other people. I'm sleeping better, laughing more, feel more socially confident and engaged, more effective in my studies, and am better able to deal with negative moods - they just don't last as long. I feel clearer, like I'm no longer walking through a cloud. And, excitingly, I feel that this is just the start, that I can continue to learn more and make more and more gains. Dr Cayoun's insight, compassion, and wise guidance shines through at each point of the book, from beginning to end. The programme is well designed and thought out, with four stages that build on each other to bring about increasingly profound changes in our lives. Dr Cayoun's description of the mindfulness techniques are, in my opinion, more precise and useful than other mindfulness-based treatments that I have had experience with, and this makes the mindfulness techniques described in this book more powerful. It is encouraging to think that I am learning precisely and therefore not wasting energy due to a lack of precision in the practice technique - that I am getting the maximum benefit for the effort I put in.

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