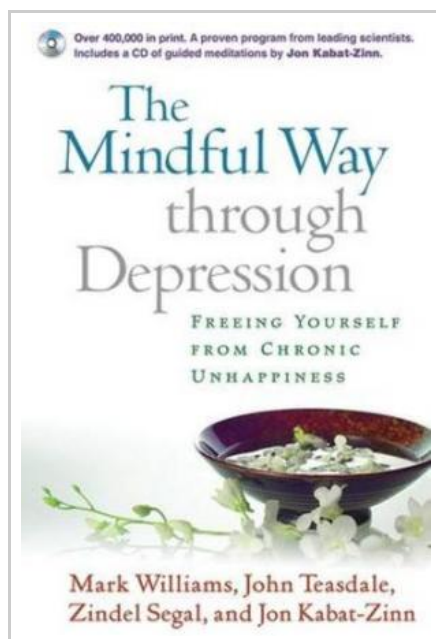




The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

By J. Mark G. Williams, John Teasdale, Zindel V. Segal, Jon Kabat-Zinn, Jon Kabat-Zinn

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