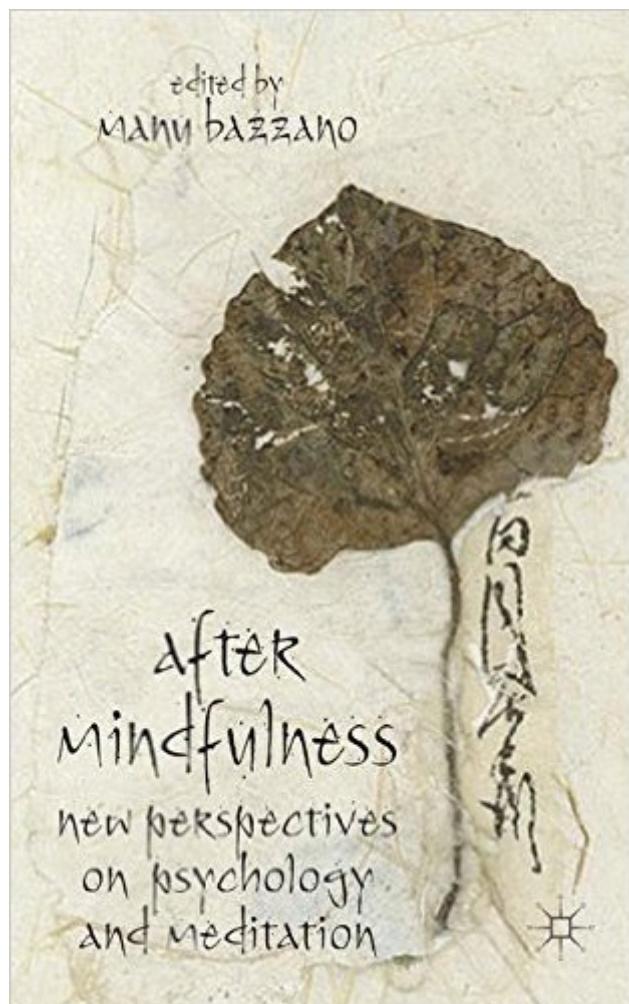


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Synopsis

This collection of essays by leading exponents of contemporary Buddhism and psychotherapy brings together appreciation and critical evaluation of Mindfulness, a phenomenon that has swept the mental health field over the last two decades. The sheer diversity and depth of expertise assembled here illuminate the current presentation of Mindfulness.

Book Information

Hardcover: 191 pages

Publisher: Palgrave Macmillan; 2014 edition (March 7, 2014)

Language: English

ISBN-10: 1137370394

ISBN-13: 978-1137370396

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

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