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Mindfulness-based therapy | cbt

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Basant pradhan (author of yoga and mental health)

Basant Pradhan is the author of Yoga and Mindfulness Based Cognitive Therapy (0.0 avg rating, 0 ratings, 0 reviews, published 2014) and Yoga Basant Pradhan

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Basant Pradhan, MD Asst. Profe ssor of P ychiatry Director of Yoga and Mindfulness Based Cognitive Therapy (Y-MBCT) Program, Cooper University Hospital, Camden, NJ.

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Mindfulness-based cognitive therapy The practice of mindfulness helps participants see clearly that thoughts and Mindfulness-Based Cognitive Therapy; Yoga

What are the benefits of mindfulness?

Several disciplines and practices can cultivate mindfulness, such as yoga, reduction and mindfulness-based cognitive Mindfulness-based stress

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