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Second Edition By J. Mark G. Williams, Zindel V. Segal**

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helpful to deal with stress, depression and anxiety, 5) The MBCT interventions describing . therapy for depression, second edition. New York:

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mindfulness skills to cultivate MBCT's above-described benefits. Mindfulness Based Cognitive Therapy for Depression, Second Edition (2013)

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MBCT significantly reduced the risk of relapse/recurrence with a risk ratio The Beck depression inventory: Second edition. San Antonio, TX:

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Mindfulness-based cognitive therapy for depression, Second Edition. New York, Guilford Press. Williams, J. M. G., Kuyken, W. (2012) Mindfulness-Based

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