

## Mindful way through depression: Freeing yourself from chronic unhappiness

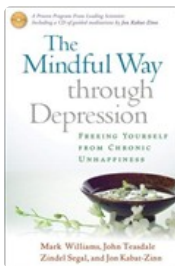
<https://libraries.phsa.ca/permalink/catalog114057>

Williams, Mark, Teasdale, John, Segal, Zindel, Kabat-Zinn, Jon. New York, NY: The Guilford Press , 2007. (Book) — 1 copy,

[1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 302 WIL 2007

“ If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified...



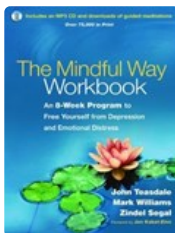
## Mindful way through depression : freeing yourself from chronic unhappiness

<https://libraries.phsa.ca/permalink/catalog19740>

Williams, Mark, Teasdale, John, Segal, Zindel, Kabat-Zinn, Jon. New York, NY: Guilford Press , 2007. (Book, CD) — 4 copies, [3 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Vancouver Library  
Surrey Cancer Info Ctr  
CSI PFCS  
Victoria Cancer Info Ctr  
Call Number: WM171 M663 2007

“ Title on CD "Guided meditation practices for the mindful way through depression" narrated by John Kabat-Zinn



## Mindful way workbook : an 8-week program to free yourself from depression and emotional distress

<https://libraries.phsa.ca/permalink/catalog121880>

Teasdale, John D., Segal, Zindel V., Williams, J. Mark G. New York, NY: The Guilford Press , 2018. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Kelowna Cancer Info Ctr  
Victoria Cancer Info Ctr  
Call Number: WM172 T253 2014