

# Yoga And Mindfulness Based Cognitive Therapy: A Clinical Guide By Basant Pradhan

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## **Mindfulness - wikipedia, the free encyclopedia**

Mindfulness Yoga: The Awakened Union of Breath, Body and Mind. ISBN 0-86171-335-4; Mindfulness-Based Cognitive Therapy for Depression: Second Edition.

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## **Basant pradhan (author of yoga and mental health)**

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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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**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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