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Mindful Way

1. Illness Same _____
2. Adjective _____
3. Adverb _____
4. Illness Same _____
5. Illness Same _____
6. Adjective _____
7. Noun _____
8. Adjective _____
9. Adjective _____
10. Noun _____
11. Adjective _____
12. Illness Same _____
13. Illness Same _____
14. Adjective _____
15. Adjective _____
16. Noun _____
17. Full Name Of A Person _____
18. Illness Same _____
19. Adjective _____
20. Noun _____
21. Illness Same _____
22. Adjective _____
23. Illness Same _____

24. Adjective _____

25. Verb - Present Ends In Ing _____

Mindful Way

Description

If you've ever struggled with _____illness same_____ or know someone who has, take heart: mindfulness practice is a simple, _____Adjective_____ way to _____Adverb_____ break _____illness same_____ 's self-perpetuating cycle.

With The Mindful Way Through _____illness same_____, four leading researchers present _____Adjective_____ _____Noun_____ drawn from both Eastern meditative traditions and _____Adjective_____ therapy about how to triumph over this illness--and, more importantly, how to prevent it from striking again. Join these uniquely _____Adjective_____ experts to discover the _____Noun_____ of Mindfulness-Based _____Adjective_____ Therapy, including:

The "quicksand effect" of depression --why our attempts to think our way out of _____illness same_____ can backfire, and the strategy we can use for true freedom

The biology of _____illness same_____ --how meditation can rewrite neural structures and heal _____Adjective_____ imbalances

What to do when you're not _____Adjective_____ --techniques for cultivating an abiding sense of joy that will protect you from _____Noun_____

A full CD of guided mindfulness meditations for health and happiness, narrated by _____Full Name of a Person_____

Even successful treatments for _____illness same_____ too often stop short of providing you with a way to protect yourself from falling back into the _____Adjective_____ _____Noun_____. With The Mindful Way Through _____illness same_____, you will develop the tools you need to understand the core _____Adjective_____ habits and patterns

that lead to _____illness same_____ --and learn a _____Adjective_____ method for _____Verb - Present ends in ING_____ genuine change that lasts a lifetime.

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