



# **The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness by Kabat-Zinn, Jon, Williams, Mark, Teasdale, John, Zindel, Seg (Abridged Edition) [AudioCD(2008)]**

*Jon, Williams, Mark, Teasdale, John, Zindel, Seg Kabat-Zinn*

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