

## The Mindfulness Solution For Intense Emotions Take Control Of Borderline Personality Disorder With Dbt

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Cedar Koons, a gifted writer, inspiring mindfulness practitioner, and dialectical behavior therapy (DBT) master, is just that person, and her book, The Mindfulness Solution for Intense Emotions, is just the road map many of us need to begin or strengthen our own mindfulness practice. Cedar's deep wisdom about mindfulness and DBT resonates throughout each page--through story, vignette, explanation, and practical exercises.

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Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all.

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The mindfulness solution for intense emotions : take control of borderline personality disorder with DBT. Cedar R Koons & Marsha M Linehan. A guide to using dialectical behavior therapy for out-of-control emotions.--. Abstract: The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions.

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mindfulness-solution.com landing page \u2013 Dr. Ron Siegel

The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT by Koons, Cedar R. at AbeBooks.co.uk - ISBN 10: 1626253005 - ISBN 13: 9781626253001 - New Harbinger - 2016 - Softcover

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