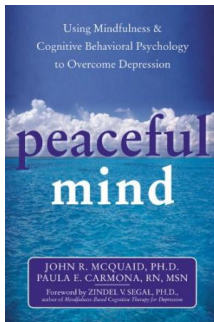


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## PEACEFUL MIND (PAPERBACK)



New Harbinger Publications, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book. Recent reports indicate that depression is the most common psychological disorder in the US, affecting as many as 17 million Americans. This book integrates the spiritual practice of mindfulness with psychological techniques for changing negative thoughts and behaviors into a powerful and proven-effective program for coping with this serious and distressing condition. Current statistics suggest that as many as 17 million Americans suffer from depression;...

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- Authored by John R. McQuaid, Paula E. Carmona
- Released at 2004



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### Reviews

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