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John Teasdale, PhD, has held senior research appointments in the Department of Psychiatry, University of Oxford, and in the Cognition and Brain Sciences Unit, Cambridge, United Kingdom. Zindel Segal, PhD, is the Morgan Firestone Chair in Psychotherapy at the University of Toronto and Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health.

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About John D. Teasdale John Teasdale, PhD, has held senior research appointments in the Department of Psychiatry, University of Oxford, and in the Cognition and Brain Sciences Unit, Cambridge, United Kingdom. Customers Also Bought Items By

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Since retiring, Dr. Teasdale has taught mindfulness and insight meditation internationally. He continues to explore and seek to understand the wider implications of mindfulness and meditation for enhancing our way of being. Zindel V. Segal, PhD, is Distinguished Professor of Psychology in Mood Disorders at the University of Toronto-Scarborough. He is Director of Clinical Training in the Clinical Psychological Science Program and is also Professor in the Department of Psychiatry.

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John D. Teasdale was a leading researcher at Oxford University, and then in the Cognition and Brain Sciences Unit in Cambridge. He dedicated his focus to understanding the cognition behind depression. Teasdale was a pioneer in the cognitive therapy advancements in the United Kingdom. He was one of the founders of Mindfulness-based Cognitive Therapy, MBCT.

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John D. Last Name: Teasdale. Mark Williams, PhD, is Professor of Clinical Psychology and Wellcome Trust Principal Research Fellow at University of Oxford, United Kingdom. With Drs. Segal and Teasdale, he authored Mindfulness-Based Cognitive Therapy for Depression, ...

**John D Teasdale | Banyen Books & Sound**

Zindel V. Segal, J. Mark G. Williams, John D. Teasdale, Jon Kabat-Zinn. This bestselling work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse.

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