

A Mindfulness-Based Stress Reduction Workbook



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the gift of rest • the gift of connection

BOB STAHL, PH.D. | ELISHA GOLDSTEIN, PH.D.

Foreword by JON KABAT-ZINN, PH.D. | Afterword by SAKI SANTORELLI, ED.D.

A Mindfulness Based Stress Reduction Workbook

BOB STAHL AND ELISHA. GOLDSTEIN



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