



Psychology : moment by moment : a guide to enhancing your clinical practice with mindfulness and meditation

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Call Number: BF 637.M4 L115p 2011
Author: Labbe, Elise
Place of Publication: Oakland, CA
Publisher: New Harbinger Publications
Date of Publication: 2011
Physical Description: 178 p.
ISBN: 9781572248953
Subjects (MeSH): Meditation
Psychotherapy - methods
Mindfulness
Format: Book
Location: Nova Scotia Hospital
Halifax Infirmary
Dickson Building
Copies: 3
Loan Period: 3 weeks