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Mark Williams, D.Phil, is Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry. He held previous posts at the University of Newcastle upon Tyne, the Medical Research Council Applied Psychology Unit (now Cognition and Brain Sciences Unit) in Cambridge and the

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About the Author: J. Mark G. Williams, Ph.D, is Professor of Clinical Psychology and Director of the Oxford Mindfulness Centre at the University of Oxford, UK. Mindfulness by J. Mark G. Williams (ebook) - ebooks.com

J. Mark G. Williams, Ph.D. is Professor of Clinical Psychology and Director of the Oxford Mindfulness Centre at the University of Oxford, UK. His research focuses on how best to alleviate depression and suicidality. Previous publications include

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Jon Kabat-Zinn is the founder and former director of the Stress Reduction Clinic at the University of Massachusetts

Medical Center. He also travels across the country teaching workshops on stress reduction and mindfulness. He lives with his family in Lexington, MA.

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