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Hold your breath for seven seconds.
Exhale ...

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4 Mindfulness Activities for Groups and Group Therapy. Group therapy

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that incorporates mindfulness has shown some promising results. It is as effective as cognitive-behavioral therapy (CBT), a staple of the clinical psychology world (Kocovski, Fleming, Hawley, Huta, & Antony, 2013).. There is also evidence that group mindfulness meditation therapy is as

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effective as individual CBT (Sundquist
...

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