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Cedar Koons, a gifted writer, inspiring mindfulness practitioner, and dialectical behavior therapy (DBT) master, is just that person, and her book, *The Mindfulness Solution for Intense Emotions*, is just the road map many of us need to begin or strengthen our own mindfulness practice. Cedar's deep wisdom about mindfulness and DBT resonates throughout each page--through story, vignette, explanation, and practical exercises.

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Developed by Marsha Linehan, DBT is a clinically proven,

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