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MINDFULNESS-BASED ECOTHERAPY WORKBOOK (PAPERBACK)

Mindfulness-Based Ecotherapy Workbook



A 12 Session Program for
Reconnecting with Nature

Charlton Hall, MMFT, LMFT-S

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This workbook introduces the 12 skills of Mindfulness-Based Ecotherapy (MBE) and introduces one of these skills at each of the 12 sessions in the program. Although this book is designed to accompany the 12-week Mindfulness-Based Ecotherapy workshop series, it may also be completed on your own at home. The experiential nature of the work allows anyone with access to outdoor...

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- Authored by Charlton B Hall Lmft-S
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