

MINDFUL
COGNITIVE
BEHAVIORAL
THERAPY



*A Simple Path to Healing,
Hope, and Peace*

SETH J. GILLIHAN



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CHAPTER 2: CONNECT WITH YOURSELF

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CHAPTER 13: COME HOME

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2. Rich Mullins, *Live from Studio B* (live television concert with A Ragamuffin Band at LeSEA Broadcasting, South Bend, IN, March 14, 1997), <https://www.youtube.com/watch?v=jkPuHReiFeM>.
3. Thomas Merton, *New Seeds of Contemplation* (New York: New Directions 2007), 81.
4. Dan. 5:27, NRSV.
5. Mark 8:36, KJV.
6. Mark S. Burrows and Jon M. Sweeney, *Meister Eckhart’s Book of Secrets: Meditations on Letting Go and Finding True Freedom* (Charlottesville, VA: Hampton Roads, 2019), 77.
7. Rom. 8:39, NRSV.
8. Adapted from Seth J. Gillihan, *The CBT Deck for Clients and Therapists: 101 Practices to Improve Thoughts, Be in the Moment, and Take Action in Your Life* (Eau Claire, WI: PESI, 2019).
9. 1 Pet. 4:8, NRSV.
10. Merton, *New Seeds of Contemplation*, 140.