



# Mindfulness-Based Therapy for Insomnia

*Jason C. Ong*

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## **Mindfulness-Based Therapy for Insomnia** Jason C. Ong

Insomnia is a pervasive issue for many adults that is difficult to treat with existing treatments. This clinical guide presents mindfulness based therapy for insomnia (MBTI)—an innovative group intervention that can reduce insomnia symptoms. Combining principles from mindfulness meditation and cognitive behavioral therapy, MBTI helps participants create meaningful, long-term changes in their thoughts and behaviors about sleep. This book reviews new research on MBTI and teaches mental health professionals how to integrate it into their own practices.

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