

Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent WithÂ ...

Title	Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent WithÂ #8230;
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