## Author's Accepted Manuscript

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www.elsevier.com/locate/icbs

PII: S2212-1447(18)30131-5

DOI: https://doi.org/10.1016/j.jcbs.2018.06.004

Reference: JCBS234

To appear in: Journal of Contextual Behavioral Science

Received date: 24 October 2017 Revised date: 4 June 2018 Accepted date: 9 June 2018

Cite this article as: Alison L. Sagon, Sara B. Danitz, Michael K. Suvak and Susan M. Orsillo, The Mindful Way through the Semester: Evaluating the Feasibility of Delivering an Acceptance-Based Behavioral Program Online, Contextual **Behavioral** Journal Science. https://doi.org/10.1016/j.jcbs.2018.06.004

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The Mindful Way through the Semester: Evaluating the Feasibility of Delivering an Acceptance-Based Behavioral Program Online

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