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Mindfulness-Based3Copyright 2006 by Elsevier. Treatment Approaches All rights reserved. The cultivation of mindfulness through the practice of meditation has a long history in Eastern spiritual traditions, primarily Buddhism (Linehan, 1993a; Kabat-Zinn, 1982). These traditions describe mindfulness meditation as a method available to anyone for reducing suffering and encouraging the development of positive qualities, such as awareness, insight, wisdom, compassion, and equanimity (Goldstein, ...

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Mindfulness for health: resources

Mindfulness-Based Treatment Approaches : Clinician's Guide to Evidence Base and Applications, Paperback by Baer, Ruth A. (EDT), ISBN 012416031X, ISBN-13 9780124160316, Brand New, Free shipping Baer provides readers with a collection of articles from academics and professionals focused on mindfulness-based stress reduction (MBSR), and mindfulness-based cognitive therapy (MBCT).