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Wed, 15 Aug 2018 11:20:00 GMT - Here you'll find a one-stop mindfulness meditation resource with videos and exercises (etc.) for your own mindfulness meditation practice and for teaching.

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Wed, 07 Jan 2015 23:59:00 GMT - Mindfulness books that matter and have real impact are listed here. You'll find the most powerful mindfulness books reviewed and briefly summarised.

Top 50 Best Mindfulness Books (Reviews, PDF's and ... -

Mon, 13 Aug 2018 05:32:00 GMT - Executive Summary. Mindfulness is a buzzword in the business world, but many donâ€™t know that the hype is backed by hard science. A 2011 study of participants who completed an eight-week mindfulness program found that the density of participantsâ€™ grey matter significantly increased.

Mindfulness Can Literally Change Your Brain - hbr.org -

Mon, 23 Jul 2018 09:24:00 GMT - Mindfulness-based stress reduction (MBSR) is a program that incorporates mindfulness to assist people with pain and a range of conditions and life issues that were initially difficult to treat in a hospital setting. Developed at the University of Massachusetts Medical Center in the 1970s by Professor Jon Kabat-Zinn, MBSR uses a combination of mindfulness meditation, body awareness, and yoga to ...

Mindfulness-based stress reduction - Wikipedia -

Sat, 07 Jul 2012 23:55:00 GMT - A mindfulness-based intervention to increase resilience to stress in university students (the Mindful Student Study): a pragmatic randomised controlled trial

A mindfulness-based intervention to increase resilience to ... -

Wed, 15 Aug 2018 18:15:00 GMT - What are the benefits of mindfulness. A wealth of new research has explored this age-old practice. Here's a look at its benefits for both clients and psychologists.

What are the benefits of mindfulness? -

Tue, 14 Aug 2018 19:57:00 GMT - Need more reasons to practice mindfulness and meditation? Learn about the physical, emotional, & mental benefits of mindfulness, & hear personal stories.

The Benefits of Mindfulness and Meditation - Left Brain Buddha -

Wed, 15 Aug 2018 19:05:00 GMT - ORIGINAL PAPER Mindfulness Based Tinnitus Stress Reduction Pilot Study A Symptom Perception-Shift Program Jennifer J. Gans & Patricia Oâ€™Sullivan & Vallena Bircheff Published online: 22 January 2013

Mindfulness Based Tinnitus Stress Reduction Pilot Study -

Mon, 30 Jul 2018 22:09:00 GMT - Are you enduring restless, sleepless nights? Well read on because research is uncovering mindfulness to be one of the most powerful sleep aids on the planet! In an article for Psychology Today (1), mindfulness-based psychotherapist Peter Strong, Ph.D., reports that for many people who suffer from acute insomnia â€œ the cause is simply stress.

Mindfulness As A Cure For Insomnia: 8 Steps To Resting Easy -

- Details of further courses being held across the Trust area will be added here: Winter 2018/2019: Northallerton, Richmond, Malton, Scarborough, Middlesbrough, Guisborough, Hartlepool, Barnard Castle, Bishop Auckland Days of mindfulness. For those completing the eight-week mindfulness course, we hold days of mindfulness to help you keep in touch with what you have learnt on your mindfulness course.

Mindfulness - Tees, Esk & Wear Valley NHS Trust -

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