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Nota di contenuto	Part I: Theory -- Chapter 1. Mindfulness-based interventions in youth (Alvaro Langer) -- Chapter 2. Generosity and resilience in youth (Christoph Steinebach) -- Chapter 3. Basic needs and positive relations in youth (Marcel Schär) -- Chapter 4. Schools as positive environments (Sabine Pirchio) -- Chapter 5. The Community as a positive environment (Giuseppe Carrus) -- Chapter 6. The transgenerational research of mindfulness interventions and positive environments (Perla Kaliman) -- Part II: Practice -- Chapter 7. Enhancing resilience in children and youth (Ronit Jinich) -- Chapter 8. Mindfulness-based interventions in educational settings (Janet Carola Perez Ewert) -- Chapter 9. Schools as healthy workplaces (Volker Schulte) -- Chapter 10. Building resilient communities (Sebastian Medeiros Urzua) -- Chapter 11. Intercultural mindfulness and resilience interventions (Le Hoang The Hui) -- Chapter 12. Recommendations for psychological

interventions in the educational context (Matiás Irarrázaval) -- Part III: Evaluation -- Chapter 13. Current issues in research on mindfulness-based interventions (Niko Kohls) -- Chapter 14. Individual level (Philipp Steinebach) -- Chapter 15. Group, class, and school (Alvaro Langer) -- Chapter 16. Community level (Mariane Krause).

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Sommario/riassunto

This book shows how to plan, refine, and implement peer-supported mindfulness-based interventions to prevent mental disorders in children and youths. It focuses on interventions designed to maintain psychosocial health and prevent emotional and behavioral problems in children and youths around the globe. By combining a range of research perspectives, the book connects mindfulness to pro-social behavior, and to positive social and physical environments, in order to enhance resilience. In addition, it presents theoretical aspects and practical recommendations on how to promote mental health and healthy lifestyles in adolescents, such as school-based interventions. Gathering contributions by an international network of researchers and practitioners, the book offers not only state-of-the-art theoretical descriptions of key concepts and interventions, but also best practices for implementing them to strengthen resilience.

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