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Autore	McBee Lucia
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Nota di contenuto	Contents; Foreword; Preface; Acknowledgments; Section I. Foundations; Section II. Practical Applications of Mindfulness-Based Elder Care for Frail Elders: POEM: MEADOWBOOK NURSING HOME; Section III. Caregivers; Section IV. Conclusions; Section V. Appendices; Index
Sommario/riassunto	""She shares with us her gold - the conception, trial and error implementation, and initial scientific investigation of a new, educationally-oriented treatment approach that she has named mindfulness-based elder care (MBEC)."" -from the Foreword by Saki Santorelli, EdD, MA, Associate Professor of Medicine,. Executive Director, Center for Mindfulness in Medicine, Health Care, and Society. University of Massachusetts Medical School. Drawing on years of experience as a geriatric social worker and mindfulness-based stress reduction practitioner, the author has taken Jon Kabat-Zinn's Mindfulness-B

