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Sommario/riassunto

Handbook of Mindfulness-Based Programmes: Mindfulness Interventions from Education to Health and Therapy offers the first comprehensive guide to all prominent, evidence-based mindfulness programmes available in the West. The rapid growth of mindfulness in the Western world has given rise to an unprecedented wave of creative mindfulness programmes, offering tailor-made mindfulness practices for school teachers, students, parents, nurses, yoga teachers, athletes, pregnant women, therapists, care-takers, coaches, organisational leaders and lawyers. This book offers an in-depth engagement with these different programmes, emphasising not only the theory and research but also the practice. Exercises and activities are provided to enable the reader to first understand the programme and then experience its unique approach and benefits. Handbook of Mindfulness-Based Programmes will enrich your knowledge and experience of mindfulness practice, whether you are a practitioner,

researcher or simply interested in the application of mindfulness.
