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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.
