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Psychological Flexibility in the Workplace Paul E. Flaxman, City  
University London; and Frank W. Bond, Goldsmiths College, University  
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## Sommario/riassunto

How does mindfulness work? Thousands of therapists utilize mindfulness-based treatments and have witnessed firsthand the effectiveness of these approaches on clients suffering from anxiety, depression, and other common mental health issues. But for many clinicians, the psychological processes and brain functions that explain these changes remain a mystery, and effective methodologies for measuring each client's progress are elusive. In *Assessing Mindfulness and Acceptance Processes in Clients*, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and

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