

1. Record Nr.	UNINA9911028752603321
Autore	Ostafin Brian D
Titolo	Handbook of Mindfulness and Self-Regulation
Pubbl/distr/stampa	Cham : , : Springer, , 2025 ©2025
ISBN	3-031-91451-1
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (663 pages)
Collana	Behavioral Science and Psychology Series
Altri autori (Persone)	RobinsonMichael D MeierBrian P
Disciplina	153.8
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	The second edition of the handbook provides an updated and expanded overview of theoretical models, empirical studies, and critical perspectives concerning the interface between mindfulness and self-regulation.The 20 chapters cover advances in the field since the first edition was published and 85% of the chapters cover new material.