

Mindfulness in Education

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Want to Learn More About Mindfulness?

ONLINE RESOURCES

www.dianegehart.com

Guided meditations, client handouts, and educational materials

www.dreicmccollum.com

10 minute guided meditation soundtrack based on the “3 minute breathing space” from Segal, Williams & Teasdale (2002)

www.marc.ucla.edu

Mindful Awareness Research Center at UCLA

www.mbsr.mass.edu

Mindfulness Based Stress Reduction

<https://goamra.org>

American Mindfulness Research Association; has a monthly newsletter on research published each month