Research Articles:

MINDFULNESS RESEARCH, GENERAL


Mindfulness-Based Stress Reduction - MBSR


**Mindfulness-Based Cognitive Therapy for Depression - MBCT**


**Mindfulness-Based Relapse Prevention - MBRP**


**Mindful Self-Compassion - MSC**


**Mindful Eating**


**Books:**

**MINDFULNESS, GENERAL**


Mindfulness-Based Stress Reduction


Mindfulness-Based Cognitive Therapy for Depression


Mindfulness-Relapse Prevention


Mindful Self-Compassion


Mindful Eating


General Sites and Institutions on Mindfulness:

University of Massachusetts Center for Mindfulness  www.umassmed.edu/cfm/

University of California San Diego Center for Mindfulness  mindfulness.ucsd.edu/

Greater Good: The Science of a Meaningful Life  www.greatergood.berkeley.edu

Centre for Mindfulness Research and Practice: www.bangor.ac.uk/mindfulness

The Centre for Mindfulness Studies: www.mindfulnessstudies.com

Mindful Self-Compassion (Christopher Germer)  www.mindfulselfcompassion.org/

Center for Mindful Self-Compassion  www.mindfulselfcompassion.org/

Kristin Neff  www.self-compassion.org