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By Margaret Cullen MA MFT;Gonzalo Brito Pons PhD**

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Garrison Institute Blog -

He discussed new findings that suggest that mindfulness and other contemplative to resilience, from a negative emotional stimulus, mindfulness practice

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In The Mindfulness-Based Stress Reduction Workbook for Anxiety, three mindfulness-based stress reduction The Mindfulness-Based Emotional Balance Workbook. by:

<https://www.newharbinger.com/mindfulness-based-stress-reduction-workbook-anxiety>

Introduction to Mindfulness - Dean Amory -

What is mindfulness based cognitive therapy? 10 week mindfulness program include? How to practise mindfulness throughout the day? - in the workplace?

<https://www.scribd.com/doc/194387895/Introduction-to-Mindfulness-Dean-Amory>

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Mindfulness Based Professional Training Institute Barry is editor of The Mindfulness Revolution and served as developmental editor for Congressman Tim Ryan

<https://ucsdcfm.wordpress.com/category/mindfulness-and-schools/page/2/>

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A Workbook to Overcome Anger and Aggression Using MBSR and DBT find emotional balance, coauthor of A Mindfulness-Based Stress Reduction Workbook,

<http://www.barnesandnoble.com/w/mindfulness-for-teen-anger-mark-c-purcell-med-psyd/1118586380?ean=9781608829163>

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Margaret Cullen, MA, MFT, is a licensed marriage and family therapist and a certified mindfulness based stress reduction teacher. She has also trained with Zindel

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