



## **Buddhist Foundations of Mindfulness (Mindfulness in Behavioral Health)**

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# Buddhist Foundations of Mindfulness (Mindfulness in Behavioral Health)

## **Buddhist Foundations of Mindfulness (Mindfulness in Behavioral Health)**

This book explores a wide range of mindfulness and meditative practices and traditions across Buddhism. It deepens contemporary understanding of mindfulness by examining its relationship with key Buddhist teachings, such as the Four Noble Truths and the Noble Eight-Fold Path. In addition, the volume explores how traditional mindfulness can be more meaningfully incorporated into current psychological research and clinical practice with individuals and groups (e.g., through the Buddhist Psychological Model).

Key topics featured in this volume include:

- Ethics and mindfulness in P?li Buddhism and their implications for secular mindfulness-based applications.
- Mindfulness of emptiness and the emptiness of mindfulness.
- Buddhist teachings that support the psychological principles in a mindfulness program.
- A practical contextualization and explanatory framework for mindfulness-based interventions.
- Mindfulness in an authentic, transformative, everyday Zen practice.
- Pristine mindfulness.

*Buddhist Foundations of Mindfulness* is an indispensable resource for clinical psychologists, and affiliated medical and mental health professionals, including specialists in complementary and alternative medicine as well as social work as well as teachers of Buddhism and meditation.

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