

Mindfulness Mario Alonso Puig Gratis

Yi-Tong Ma

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been linked to happiness, health, and psychological well-being, but many of us may not know exactly what it is, let alone how to cultivate it. The quiz below draws on a mindfulness scale developed by researchers at La Salle University and Drexel University, led by psychology professor Lee Ann Cardaciotto. *FIERCE SELF-COMPASSION* Dr. Kristin Neff - Greater Good Mindful Self-Compassion (MSC; Neff & Germer, 2013) 8-week workshop (2.5 hours each session) designed to teach self-compassion Empirically demonstrated to increase self-compassion, mindfulness, wellbeing All gains maintained for one year

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