

# Mindfulness and the Brain (2018/19)

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25 items

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## Core Texts (11 items)

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**Neural correlates of attentional expertise in long-term meditation practitioners** - J. A. Brefczynski-Lewis, A. Lutz, H. S. Schaefer, D. B. Levinson, R. J. Davidson, 2007-07-03

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**Neural correlates of dispositional mindfulness during affect labeling**

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**Dispositional mindfulness and semantic integration of emotional words: Evidence from event-related brain potentials** - Dusana Dorjee, Níall Lally, Jonathan Darrall-Rew, Guillaume Thierry, 2015-08

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**Intensive meditation training, immune cell telomerase activity, and psychological mediators** - Tonya L. Jacobs, Elissa S. Epel, Jue Lin, Elizabeth H. Blackburn, Owen M. Wolkowitz, David A. Bridwell, Anthony P. Zanesco, Stephen R. Aichele, Baljinder K. Sahdra, Katherine A. MacLean, Brandon G. King, Phillip R. Shaver, Erika L. Rosenberg, Emilio Ferrer, B. Alan Wallace, Clifford D. Saron, 2011-6

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**Mindfulness training modifies subsystems of attention** - A. P. JHA, J. KROMPINGER, M. J. BAIME, 2007-06-01

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**Mindful Aging: The Effects of Regular Brief Mindfulness Practice on Electrophysiological Markers of Cognitive and Affective Processing in Older Adults** - Peter Malinowski, Adam W. Moore, Bethan R. Mead, Thomas Gruber, 2017-2

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**Regular, brief mindfulness meditation practice improves electrophysiological markers of attentional control** - Adam Moore, Thomas Gruber, Jennifer Derose, Peter Malinowski, 2012

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**Mindfulness training with adolescents enhances metacognition and the inhibition of irrelevant stimuli: Evidence from event-related brain potentials** - Kevanne Louise Sanger, Dusana Dorjee, 2016-03

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**Mechanisms of mindfulness** - Shauna L. Shapiro, Linda E. Carlson, John A. Astin, Benedict Freedman, 2006-03

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**The neuroscience of mindfulness meditation** - Yi-Yuan Tang, Britta K. Hölzel, Michael I. Posner, 2015-3-18

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**Tools of the trade: theory and method in mindfulness neuroscience** - Yi-Yuan Tang, Michael I. Posner, 2013-01

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## Recommended Readings (14 items)

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**Does mindfulness training improve cognitive abilities? A systematic review of neuropsychological findings** - Alberto Chiesa, Raffaella Calati, Alessandro Serretti, 2011-04

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Chiesa, A., Serretti, A., & Jakobsen, J. C. (2013). Mindfulness: Top-down or bottom-up emotion regulation strategy? *Clinical Psychology Review*, 33(1), 82-96.  
doi.org/10.1016/j.cpr.2012.10.006

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**Defining Contemplative Science: The Metacognitive Self-Regulatory Capacity of the Mind, Context of Meditation Practice and Modes of Existential Awareness** - Dusana Dorjee, 2016-11-17

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**Emotional regulation : conceptual foundations** - J. J. Gross, R. A. Thompson

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**How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective** - B. K. Holzel, S. W. Lazar, T. Gard, Z. Schuman-Olivier, D. R. Vago, U. Ott, 2011-11-01

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**How does mindfulness modulate self-regulation in pre-adolescent children? An integrative neurocognitive review** - Rebekah Jane Kaunhoven, Dusana Dorjee, 2017-03

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**Attention regulation and monitoring in meditation** - Antoine Lutz, Heleen A. Slagter, John D. Dunne, Richard J. Davidson, 2008-4

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**Neural mechanisms of attentional control in mindfulness meditation** - Peter Malinowski, 2013

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**Meditation and Cognitive Ageing: the Role of Mindfulness Meditation in Building Cognitive Reserve** - Peter Malinowski, Liliانا Shalamanova, 2017-6

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**The cognitive control of emotion** - K OCHSNER, J GROSS, 2005-05

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**The Attention System of the Human Brain: 20 Years After** - Steven E. Petersen, Michael I. Posner, 2012-07-21

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**Mindfulness training for adolescents: A neurodevelopmental perspective on investigating modifications in attention and emotion regulation using event-related brain potentials** - Kevanne Louise Sanger, Dusana Dorjee, 2015-4-7

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**Inside the Mindful Mind** - Rimma Teper, Zindel V. Segal, Michael Inzlicht, 2013-12

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**How to read a paper: the basics of evidence-based medicine** - Trisha Greenhalgh, 2014

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