



Mindfulness Meditation has been around for centuries. In the past thirty years, it has been increasingly integrated into clinical practice to help individuals with a variety of health issues such as chronic pain, anxiety, depression and addiction. Literature and research on Mindfulness Meditation has been growing rapidly.

Clinicians who wish to learn more about Mindfulness Meditation and its application to clinical practice may find the following resources useful.

References

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Other Recommended Resources

[Insight Meditation Center](#) and [Insight Meditation Society](#)

These two websites provide numerous audio resources in the form of “Buddhist teachings” and “Dharma talks,” including guided meditations.

[Center for Mindfulness in Medicine, Health Care, and Society](#)

This website originated from the Center for Mindfulness at the University of Massachusetts Medical School. The Center for Mindfulness is where the world famous Mindfulness Based Stress Reduction (MBSR) program operates out of. The MBSR program was founded and developed by Dr Jon Kabat-Zinn, pioneering the integration of meditation and mindfulness into mainstream medicine and health care.

[Meditation for Mindfulness CDs](#)

Developed by Kirstin Bindseil, Bill Gayner and Kate Kitchen. Body Scan, Yoga for Mindfulness, 2 Sitting Meditations. [Caversham Booksellers](#) 416 944-0962.