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Advances in Psychotherapy –  
Evidence-Based Practice

# Mindfulness



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# Preface

The theories, understandings, and practices reviewed in this book are rooted in a rich and ancient tradition. We want to provide a brief and simplified introduction to contemporary applications of “mindfulness” as delivered within secularized mindfulness-based interventions. This is by no means a complete account of mindfulness practices, and can at best provide a very broad overview to a longstanding, multifaceted, and now multi-cultured system of understanding and practice. This book is intended for those who are curious about the roots and practices of mindfulness, and the directions of current science and clinical applications. It is a starting place for readers interested in learning about an extraordinarily rich and honored practice, and the ways in which mindfulness training has become foundational to many evidenced-based approaches in psychology.

We dedicate this book to Dr. G. Alan Marlatt (1941–2011) who provided the foundation for an evidenced-based and integrated mindfulness approach to the prevention of addictive behavior relapse. We also dedicate this work to the many research participants and clients who continually inspire us and remind us of the importance of the dissemination of mindfulness-based interventions. We would also like to acknowledge Dr. Danny Wedding, who provided invaluable comments and editorial feedback, and Dr. Linda Sobell, who invited us to author this book.

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DDC dedicates this book to Don, whose bountiful love, support, and quiet patience never cease to amaze her.

SB dedicates this book to her many teachers, in their many forms, who continue to point her towards perseverance, authenticity, and growth.



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