

Litteraturliste fra Kursus i Mindfulness, Korsør 17-18. marts 2005

Bøger

Daniel Goleman: "Destruktive Følelser" (Borgens Forlag, 2003)

Jon Kabat-Zinn: "Lige meget hvor du går hen, er du der"
(Borgens Forlag, 1998)

Jon Kabat-Zinn: "Full Catastrophy Living: Using the Wisdom of your body and Mind to fade stress pain, and Illness (Delta, 1990)

Jon Kabat-Zinn "Coming to our Senses: Healing ourselves and the world through mindfulness (Hyperion, 2005)

Irene Oestrich & Antonia Sumbundu: " Livskraft – Hvordan (PsykiatriFondens Forlag, 2004)

Segal, Teasdale & Williams: Mindfulness Based Cognitive Therapy
(Guilford Press 2000)

Artikler:

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Paul Chadwick & Katherine Newman Taylor Nicola Abba. Mindfulness Groups for People with Psychosis Behavioural and Cognitive Psychotherapy, Volume 33, Issue 03, July 2005, pp 351-359

Richard J. Davidson, PhD, Jon Kabat-Zinn, PhD, Jessica Schumacher, MS, Melissa Rosenkranz, BA, Daniel Muller, MD, PhD, Saki F. Santorelli, EdD, Ferris Urbanowski, MA, Anne Harrington, PhD, Katherine Bonus, MA and John F. Sheridan, PhD, (2003) Alterations in Brain and Immune Function Produced by Mindfulness Meditation, Psychosomatic medicine, 65, 564-570

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