## Table of Contents

**Introduction.** Where new and old paths to dealing with suffering meet  
*Fabrizio Didonna*

**Mindfulness: what is it, where did it come from?**  
*Ronald D. Siegel, Christopher K. Germer, Andrew Olendzki*

**Mindfulness and meditation**  
*Andrew Olendzki*

**The neurobiology of mindfulness**  
*Michael T. Treadway, Sara W. Lazar*

**Toward a phenomenology of mindfulness: subjective experience and emotional correlates**  
*Kirk Warren Brown, Shari Cordon*

**Mindfulness and psychopathology: problem formulation**  
*Nancy L. Kocovski, Zindel V. Segal, Susan R. Battista*

**Emotional memory, mindfulness and compassion**  
*Paul Gilbert, Dennis Tirch*

**The use of metaphor to establish acceptance and mindfulness**  
*Alethea A. Varra, Claudia Drossel, Steven C. Hayes*

**Mindfulness and feelings of emptiness**  
*Fabrizio Didonna, Yolanda Rosilio Gonzalez*

**Assessment of mindfulness**  
*Ruth A. Baer, Erin Walsh, Emily L. B. Lykins*

**Mindfulness and anxiety disorders: developing a wise relationship with the inner experience of fear**  
*Jeffrey Greeson, Jeffrey Brantley*

**Mindfulness and obsessive-compulsive disorder: developing a way to trust and validate one’s internal experience**  
*Fabrizio Didonna*

**Mindfulness-based cognitive therapy for depression and suicidality**  
*Thorsten Barnhofer, Catherine Crane*

**Mindfulness and borderline personality disorder**  
*Shireen L. Rizvi, Stacy ShawWelch, Sona Dimidjian*

**Mindfulness-based approaches to eating disorders**  
*Ruth Q. Wolever, Jennifer L. Best*

**Paradise lost: mindfulness and addictive behavior**  
*Thomas Bien*

**Mindfulness for trauma and posttraumatic stress disorder**  
*Victoria M. Follette, Aditi Vijay*

**Mindful awareness and ADHD**  
*L. Zyłowska, S. L. Smalley, J. M. Schwartz*

**Mindfulness and psychosis**  
*Antonio Pinto*

**Mindfulness-based stress reduction for chronic pain management**  
*Jacqueline Gardner-Nix*

**Mindfulness-based interventions in oncology**  
*Linda E. Carlson, Laura E. Labelle, Sheila N. Garland, Marion L. Hutchins, Kathryn Bimie*

**Mindfulness-based intervention in an individual clinical setting: what difference mindfulness makes behind closed doors**  
*Paul R. Fulton*

**Mindfulness with children: working with difficult emotions**  
*Trudy A. Goodman, Susan Kaiser Greenland*

**Mindfulness-based elder care: communicating mindfulness to frail elders and their caregivers**  
*Lucia Mcbee*

**Mindfulness-based interventions in an inpatient setting**  
*Fabrizio Didonna*

**Training professionals in mindfulness: the heart of teaching**  
*Susan Lesley Woods*

**App. A. Mindfulness practice**  
*Thomas Bien*

**App. B. Resources**

**Index**