Internationale Literatur zum Thema Achtsamkeit und Meditation
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**Internetdokument:**


**Ton- oder Filmdokument**


FtMyersFamPsych’s channel (2012) Dr Daniel Siegel presenting a Hand Model of the Brain.


**Zeitschriftenaufsatz:**


Bernay, Ross, Graham, Esther, Devcich, Daniel A., Rix, Grant und Rubie-Da-vies, Christine M. (2016) Pause, breathe, smile: a mixed-methods study of student well-being following participation in an eight-week, locally developed mindfulness program in three New Zealand schools. In: *Advances in School Mental Health Promotion*: Jg. 9(2) S. 90–106.


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