Contents

Acknowledgments	Xi
About the Editor	
Contributors	xv
Foreword	xxv
Introduction: Where New and Old Paths to Dealing	
with Suffering Meet	01
Fabrizio Didonna	
Part 1 Theory, Conceptualization, and Phenomenology	
1 Mindfulness: What Is It? Where Did It Come From?	17
Ronald D. Siegel, Christopher K. Germer, and Andrew Olendzki	
2 Mindfulness and Meditation	37
Andrew Olendzki	
3 The Neurobiology of Mindfulness	45
Michael T. Treadway and Sara W. Lazar	
Toward a Phenomenology of Mindfulness: Subjective	
Experience and Emotional Correlates	59
Kirk Warren Brown and Shari Cordon	
Part 2 Clinical Applications: General Issues, Rationale,	
Phenomenology CHCA bris economica letternity	
5 Mindfulness and Psychopathology: Problem Formulation	85
Nancy L. Kocovski, Zindel V. Segal, and Susan R. Battista	

6	Emotional Memory, Mindfulness and Compassion	99
7		
	and Mindfulness Alethea A. Varra, Claudia Drossel, and Steven C. Hayes	111
8	Mindfulness and Feelings of Emptiness	125
9	Assessment of Mindfulness	153
Par	rt 3 Mindfulness-Based Interventions for Specific Disorders	
10	Mindfulness and Anxiety Disorders: Developing a Wise	
	Relationship with the Inner Experience of Fear Jeffrey Greeson, Jeffrey Brantley	
11	Mindfulness and Obsessive-Compulsive Disorder: Developing a Way to Trust and Validate One's Internal	
	Fabrizio Didonna mnubidi olar	
12	Mindfulness-Based Cognitive Therapy for Depression and Suicidality	
	Thorsten Barnhofer and Catherine Crane	
13	Mindfulness and Borderline Personality Disorder	245
14	Mindfulness-Based Approaches to Eating Disorders	259
15	Paradise Lost: Mindfulness and Addictive Behavior	289
16	Mindfulness for Trauma and Posttraumatic Stress Disorder	299
	Victoria M. Follette and Aditi Vijay	
17	Mindful Awareness and ADHD	
18	Mindfulness and Psychosis	339

19	Mindfulness-Based Stress Reduction for Chronic Pain Management	360
	Jacqueline Gardner-Nix	30)
20	Mindfulness-Based Interventions in Oncology	383
	Linda E. Carlson, Laura E. Labelle, Sheila N. Garland, Marion L. Hutchins, and Kathryn Birnie	
	4 Mindfulness-Based Interventions for Specific Settings	
200	1 Populations	
21	Mindfulness-Based Intervention in an Individual Clinical Setting: What Difference Mindfulness Makes Behind	
	Closed Doors	
22	Mindfulness with Children: Working with Difficult	and the
	Trudy A. Goodman and Susan Kaiser Greenland	
23	Mindfulness-Based Elder Care: Communicating Mindfulness to Frail Elders and Their Caregivers Lucia Mc Bee	431
24	Mindfulness-Based Interventions in an Inpatient Setting Fabrizio Didonna	
25	Training Professionals in Mindfulness: The Heart of Teaching	463
App	pendix A: Mindfulness Practice Thomas Bien and Fabrizio Didonna	477
App	pendix B: Resources	
Ind	ex coverage and believe to the second contract of the second contrac	499