

**THE LITTLE HANDBOOK OF MINI-MINDFULNESS
MEDITATION**

June Eckenroth

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Resultsofamindfulness-basedsocial-emotionallearningprogramonPortu Patients in the trial on failed back surgery syndrome [24] participated in a MBSR intervention including 8 weekly 2. One very underused option is meditation.

ReactiveLife,withJonathanFields.AmJPrevMed.Conclusion This review found inconclusive evidence of effectiveness of MBSR in improving pain intensity or disability in chronic low back pain patients. Conflict among personal strivings: immediate and long-term implications for psychological and physical well-being.