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Moderator Barry Boyce is the editor-in-chief of Mindful magazine, which published its premier issue in February of 2013. He is also editor of, and a contributor in, The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life.

and other types of teachers. The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life Barry Boyce, Ed. (Boston: Shambhala, 2011) Mindfulness is being applied in a variety of professional fields—from health care to education, from performing arts to business—to

The mindfulness revolution : leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life Boston, MA : Shambhala, 2011. Summary: A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's

The mindful revolution: leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life By Barry Campbell Boyce The power of now: a guide to spiritual enlightenment By Eckhart Tolle Wherever you go, there you are: mindfulness meditation in everyday life By Jon Kabat-Zinn

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