Mindfulness meditation

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Guests: Amishi Jha, Linda Carlson

Mindfulness meditation seems to be everywhere these days. It's being used in schools and in business, by athletes and probably some your friends and neighbors. Practicing mindfulness is purported to be an antidote to our hurried, distracted, self-focused and stressful lives but what really is mindfulness meditation? And what do we know about its effect on our minds and bodies? Marty talks to two researchers about the science and practice of meditation. AMISHI JHA is an associate professor of psychology and director of Contemplative Neuroscience, Mindfulness Research & Practice Initiative at the University of Miami, and LINDA CARLSON, Enbridge Research Chair in Psychosocial Oncology and Professor in Psychosocial Oncology in the Department of Oncology at Cumming School of Medicine at the University of Calgary.

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