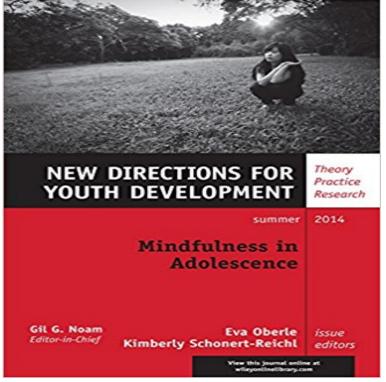
Mindfulness in Adolescence: New Directions for Youth Development, Number 142 (J-B MHS Single Issue Mental Health Services)



Addressing a timely topic in the field, this issue coversthe benefits cultivating mindfulness to foster positive development and flourishing adolescents. Presenting the theoretical and empirical basis of mindfulness training with adolescents, it includes specific programs, activities, and guidelines for bringing mindfulness skills and habitsto this constituency. This special issue: Establishes a theoretical framework within mindfulness-based approaches adolescence Includes reviews of empirical evidence on the effectiveness mindfulness-based interventions with youth, provides guidance for evaluation, and discusses limitations and future direction for research and practice Aims to be a practical resource for educators and practitioners who work with adolescents and their families.

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