



Science Literature Current Outcomes Contemplative studies:

[Mindfulness-based stress reduction for healthy individuals: A meta-analysis. - PubMed - NCBI](#)

[The psychological effects of meditation: a meta-analysis. - PubMed - NCBI](#)

[Neuroscience Reveals the Secrets of Meditation's Benefits - Scientific American](#)

[The neuroscience of mindfulness meditation. - PubMed - NCBI](#)

[Mindfulness Interventions. - PubMed - NCBI](#)

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