

Note to editors:

Mindfulness meditation quotes

“For the first time we have shown there is actually a neurological reason for doing mindfulness meditation. Our findings are consistent with what mindfulness meditation teachers have taught for thousands of years.”

- David Creswell, Ph.D., University of California

“Our findings indicate that a short training programme in mindfulness meditation has demonstrable effects on brain and immune function.”

- Professor Richard Davidson, University of Wisconsin

“The simple process of focusing on the breath in a relaxed manner, in a way that teaches you to regulate your emotions by raising one’s awareness of mental processes as they’re happening, is like working out a bicep, but you are doing it to your brain.”

- Fadel Zeidan, Ph.D., University of North Carolina

“It’s fascinating to see the brain’s plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life.”

- Brita Holzel, Ph.D., Harvard Medical School

“Building mind-fitness with mindfulness training may help anyone who must maintain peak performance in the face of extremely stressful circumstances, from first responders, relief workers and trauma surgeons, to professional and Olympic athletes.”

- Associate Professor Amishi Jha, University of Miami

Note to editors:

Mindfulness meditation research

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