



# **The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions**

*Shauna L. Shapiro, Linda E. Carlson*

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Intention is fundamental to any project, endeavor, or journey. Related to intention is the concept of mindfulness—the awareness that arises through intentionally attending to oneself and others in an open, accepting, and discerning way. Drawing from Buddhist teachings and psychological theory, authors Shapiro and Carlson explore why mindful awareness is integral to the therapeutic healing process.

Their book integrates the art and science of mindfulness to inspire greater well-being in both clinicians and their patients. As such, mindfulness is understood as a universal human capacity that can help bridge the gap between therapist and patient, reminding us that we are all human beings aspiring to greater health, happiness, and freedom from suffering.

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