

Judul:

The neuroscience of mindfulness meditation : how the body and mind work together to change our behaviour

Pengarang/Penulis:

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Subjek:

Psychology; Neurosciences; Meditation -- Therapeutic use; Mindfulness (Psychology); Psychology -- Applied Psychology; Psychology -- Neuropsychology; Psychology -- Cognitive Psychology; Health psychology; Physiological & neuro-psychology, biopsychology; Cognition & cognitive psychology; Philosophy (General)

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