Mindfulness Practices and Emotional Development in Adult Life: A Developmental Framework for Research and Teaching

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DEDICATION

Dedicated to all who seek to live cooperatively and sustainably
by learning to transform ourselves
and thereby our world
Completing a doctoral degree is a humbling process, and at no time is that more clear than when it comes time to acknowledge those who made it possible. An astonishing number of individuals and organizations generously promoted and supported the Mindful Leadership Study: professors, friends, colleagues, and people who contacted me out of the blue because they heard about it and were inspired to help. To all of you: Thank you. I feel a tremendous debt of gratitude, and I hope to “pay it forward.”

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