Be gentle with centered presence

Center for Mindfulness, Compassion and Resilience
Arizona State University
mindfulnesscenter.asu.edu
“Effects of a Tai Chi/Qigong Intervention on Body Composition, Sleep Quality, and Emotional Eating in Midlife and Older Women”

“Acceptability of a mindfulness-based intervention among women with substance use disorders”

“Mindful Dis/engagement: Extending the Constitutive View of Organizational Paradox by Exploring Leaders' Mindfulness, Discursive Consciousness, and More-Than Responses”

“Inner Engineering: A Multiphase Mixed Methods Study Evaluating the Utility of Mindfulness Training to Cultivate Intrapersonal and Interpersonal Skills among First-year Engineering Students”

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