

Special Issue

Mindfulness-Based Practice for Stress Management and Enhancing Well-Being

Message from the Guest Editors

Within its original Buddhist context, as well as in the field of contemporary Western psychology since its appearance in the second part of the last century, mindfulness-based practice has been employed as a self-help method for managing various forms of physical and psychological suffering. In this Special Issue, we will focus on the psychological mechanisms and the neurobiological correlates of mindfulness-based practice, also when delivered using web-based technologies, in the promotion of well-being and reduction of psychological suffering over the entire life cycle (from childhood to older age). We therefore welcome novel experimental and clinical studies as well as review studies and theoretical contributions on this topic.

Guest Editors

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