



The Neuroscience of Mindfulness

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

With the global rise in stress and stress-related disease, there is a pressing need to understand the mechanism of behavioural interventions such as mindfulness that might ameliorate stress and maintain wellbeing. There is growing research demonstrating that mindfulness and other behavioural interventions (e.g., binaural beats) have an effect on the brain and main cognitive health.

The Special issue will feature a selection of research articles demonstrating the working mechanism and/or behavioural effects that mindfulness and related behavioural interventions exert on brain and behaviour. Contributions are encouraged that provide a bridge between brain function and cognitive ability in both health and disease.

Dr. Ulrich Kirk
Guest Editor





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Editor-in-Chief

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Message from the Editor-in-Chief

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