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meditation. Most books about mindfulness and meditation are about how to do the process, rather than the. This book discusses the brain, the mind, and how meditation and mindfulness can change the brain for the better.

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The Mindful Reflection Protocol A Process for Checking Unconscious Bias  
www.ready4rigor.com 2 According to Dray and Wisneski, the intention of the protocol is to support teachers in a process of deep reflection that interrupts historically deficit views and responses to students from culturally and linguistically diverse backgrounds.

The Mindful Reflection Protocol

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The book offers an incredible amount of information and understanding about the relationships between the functions and attributes of consciousness and the structures of the brain. It is really a "brain-mind" primer. The author is clearly of the opinion that mind is not merely an epiphenomenon of the brain, but an equal creator of it.

Amazon.com: The Mindful Brain: Reflection and Attunement ...

The hippocampus is a structure of the brain shaped like a seahorse. It is responsible for the regulation of emotions, spatial orientation, learning and the storage of

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memories. The temporoparietal junction is the area of the brain where the parietal lobes meet the temporal area. This area of the brain is responsible for empathy and compassion.

Mindfulness and the Brain: What Does Research and ...

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