

## Mindset: Optional Resources

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### A. Articles

- a. [“Mind and Body, Why Can’t They Just Get Along”](#)  
(Mindful magazine, article starts on page 28) by Cyndi Lee

### B. Online resources

- a. <http://www.mindful.org/>– An online and print magazine giving very readable information about mindfulness in everyday life.
  - b. <http://www.rickhanson.net/>– Rick Hanson, PhD, scientist and writer on the value of mindset training
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