



# The Mindful Brain: The Neurobiology of Well-Being

*Daniel J. Siegel*

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Does mindfulness practice improve your physical, social, and mental well-being? To what extent can your mind shape your brain? What does the latest research have to say about meditation and other awareness practices?

Now, with *The Mindful Brain*, Dr. Daniel J. Siegel, a pioneer of the emerging field known as interpersonal neurobiology, answers these questions and more in this original adaptation to complement his breakthrough book.

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