

## NOTAS

### CAPÍTULO UM

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3. Baer, R. A., Smith, G. T., Hopkins, J., Kreitemeyer, J. & Toney, L. (2006), 'Using self-report assessment methods to explore facets of mindfulness', *Assessment*, 13, pp. 27–45.

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6. See Low, C. A., Stanton, A. L. & Bower, J. E. (2008), 'Effects of acceptance-oriented versus evaluative emotional processing on heart rate recovery and habituation', *Emotion*, 8, pp. 419–24.
7. Kabat-Zinn, J., Lipworth, L., Burncy, R. & Sellers, W. (1986), 'Four-year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance', *The Clinical Journal of Pain*, 2(3), p. 159; Morone, N. E., Greco, C. M. & Weiner, D. K. (2008), 'Mindfulness meditation for the treatment of chronic low back pain in older adults: A randomized controlled pilot study', *Pain*, 134(3), pp. 310–19; Grant, J. A. & Rainville, P. (2009), 'Pain sensitivity and analgesic effects of mindful states in zen meditators: A cross-sectional study', *Psychosomatic Medicine*, 71(1), pp. 106–14.
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## CAPÍTULO DOIS

1. [http://www.who.int/healthinfo/global\\_burden\\_disease/projections/en/index.html](http://www.who.int/healthinfo/global_burden_disease/projections/en/index.html).
2. Zisook, S., et al. (2007), ‘Effect of Age at Onset on the Course of Major Depressive Disorder’, *American Journal of Psychiatry*, 164, pp. 1539–46, doi: 10.1176/appi.ajp.2007.06101757.
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4. Twenge, J. M. (2000), ‘Age of anxiety? Birth cohort changes in anxiety and neuroticism, 1952–1993’, *Journal of Personality and Social Psychology*, 79, pp. 1007–21.
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6. Strack, F., Martin, L. & Stepper, S. (1988), ‘Inhibiting and facilitating conditions of the human smile: A nonobtrusive test of the facial feedback hypothesis’, *Journal of Personality and Social Psychology*, 54, pp. 768–77.
7. Way, B. M., Creswell, J. D., Eisenberger, N. I. & Lieberman, M. D. (2010), ‘Dispositional Mindfulness and Depressive Symptomatology: Correlations with Limbic and Self-Referential Neural Activity During Rest’, *Emotion*, 10, pp. 12–24.
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## MINDFULNESS

### CAPÍTULO TRÈS

1. The distinction between Doing and Being modes of mind was first made in Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Piatkus, 1990), pp. 60–1 and 96–7.
2. See Jon Kabat-Zinn's *Coming to our Senses: Healing Ourselves and the World Through Mindfulness* (Piatkus, 2005) for more detailed discussion of these issues.
3. Adapted with permission from Brown, K. W. & Ryan, R. M. (2003), 'The benefits of being present: Mindfulness and its role in psychological well-being', *Journal of Personality and Social Psychology*, 84, pp. 822–48.
4. In this book, we provide an eight-week course for you to taste directly the benefits of mindfulness. In our clinic, participants are invited to do longer meditations over eight weeks, and if you wish to sample these, you could look at [www.mindfulnessCDs.com](http://www.mindfulnessCDs.com) and the book that describes MBCT, which this book is based on: *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* by Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn (Guilford Press, 2007).
5. Davidson, R. J. (2004), 'What does the prefrontal cortex "do" in affect: Perspectives on frontal EEG asymmetry research', *Biological Psychology*, 67, pp. 219–33.
6. Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., et al. (2003), 'Alterations in brain and immune function produced by mindfulness meditation', *Psychosomatic Medicine*, 65, pp. 564–70.
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- Z. & Anderson, A. (2007), 'Attending to the present: Mindfulness meditation reveals distinct neural modes of self-reference', *Social Cognitive and Affective Neuroscience*, 2, pp. 313–22.
10. Singer, T., et al. (2004), 'Empathy for Pain Involves the Affective but not Sensory Components of Pain', *Science*, 303, p. 1157.
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  13. Shroever, M. J. & Brandsma, R. (2010), 'Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy?', *British Journal of Psychology*, 101, pp. 95–107.
  14. See <http://www.doctorsontm.com/national-institutes-of-health>.
  15. Schneider, R. H., et al. (2005), 'Long-Term Effects of Stress Reduction on Mortality in Persons  $\geq 55$  Years of Age With Systemic Hypertension', *American Journal of Cardiology*, 95 (9), pp. 1060–64 (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1482831/pdf/nihms2905.pdf>).
  16. Ma, J. & Teasdale, J. D. (2004), 'Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse prevention effects', *Journal of Consulting and Clinical Psychology*, 72, pp. 31–40. Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002).
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18. Godfrin, K. & van Heeringen, C. (2010), ‘The effects of mindfulness-based cognitive therapy on recurrence of depressive episodes, mental health and quality of life: a randomized controlled study’, *Behaviour Research & Therapy*, doi: 10.1016/j.brat.2010.04.006.
  19. Kuyken, W., et al. (2008), ‘Mindfulness-Based Cognitive Therapy to Prevent Relapse in Recurrent Depression’, *Journal of Consulting and Clinical Psychology*, 76, pp. 966–78.
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## CAPÍTULO CINCO

1. You can check out this experiment in the video at <http://viscog.beckman.illinois.edu/flashmovie/12.php>, or a similar one on YouTube here: <http://www.youtube.com/watch?v=yqwmnzhgB80>.
2. Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Piatkus, 1990); Santorelli, S., *Heal Thy Self: Lessons on Mindfulness in Medicine* (Three Rivers Press, 2000); Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007).

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1. Wells, G. L. & Petty, R. E. (1980), ‘The effects of head movements on persuasion’, *Basic and Applied Social Psychology*, vol.1, pp. 219–30.

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2. T. S. Eliot, *Burnt Norton* in *Four Quartets* (Faber and Faber, 2001).
3. In our clinical programmes, we use a Body Scan lasting between thirty and forty-five minutes once each day. See Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Piatkus, 1990), pp. 92–3; Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007), pp. 104–6. In this book, we offer a fifteen-minute Body Scan for you to do twice a day. If you wish to try a longer practice, see Resources.
4. From David Dewulf, *Mindfulness Workbook: Powerfully and mildly living in the present*, by permission. See <http://www.mbsr.be/Resources.html>.

## CAPÍTULO SETE

1. Douglas Adams, *The Hitchhiker's Guide to the Galaxy* (Pan Macmillan, 1979).
2. Friedman, R. S. & Forster, J. (2001), 'The effects of promotion and prevention cues on creativity', *Journal of Personality and Social Psychology*, 81, pp. 1001–13.
3. Steve Jobs speaking at Stanford University in June 2005. See [http://www.ted.com/talks/steve\\_jobs\\_how\\_to\\_live\\_before\\_you\\_die.html](http://www.ted.com/talks/steve_jobs_how_to_live_before_you_die.html).
4. If you choose, you can continue with the Body Scan once a day in addition to these Week Three practices. The Mindful Movement and Sitting Meditation are based on: Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Piatkus, 1990) – see also [www.mindfulnessCDs.com](http://www.mindfulnessCDs.com) – and Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007). The Three-minute Breathing Space meditation is from Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002), p. 174 and Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The*

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*Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007), pp. 183–4.

5. See Vidyamala Burch, *Living Well with Pain and Illness*, Chapter 8 (Piatkus, 2008).

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1. Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002).
2. Allport, G. W. & Postman, L., *The Psychology of Rumor* (Holt & Co., 1948).
3. For ‘soundscape’ see Kabat-Zinn, J., *Coming to our Senses: Healing Ourselves and the World Through Mindfulness* (Piatkus, 2005), pp. 205–210. The Sounds and Thoughts meditation is based on Kabat-Zinn, J., *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Piatkus, 1990) and Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007).
4. Adapted from Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002).

## CAPÍTULO NOVE

1. Rosenbaum, Elana, *Here for Now: living well with cancer through mindfulness*, pp. 95ff (Hardwick, Satya House Publications, 2007).
2. Ibid. p. 99.
3. Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002).
4. Barnhofer, T., Duggan, D., Crane, C., Hepburn, S., Fennell, M. & Williams, J. M. G. (2007), ‘Effects of meditation on frontal alpha asymmetry in previously suicidal patients’, *Neuroreport*, 18, pp. 707–12.



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5. Way, B. M., Creswell, J. D., Eisenberger, N. I. & Lieberman, M. D. (2010), 'Dispositional Mindfulness and Depressive Symptomatology: Correlations with Limbic and Self-Referential Neural Activity during Rest', *Emotion*, 10, pp. 12–24.
6. Rodin, J. & Langer, E. (1977), 'Long-term effects of a control-relevant intervention among the institutionalised aged', *Journal of Personality and Social Psychology*, 35, pp. 275–82.
7. Rosenbaum, Elana, *Here for Now: living well with cancer through mindfulness*, p. 12 (Hardwick, Satya House Publications, 2007).

## CAPÍTULO DEZ

1. For more information about PTSD, see <http://www.rcpsych.ac.uk/mentalhealthinfo/problems/ptsd/posttraumaticstressdisorder.aspx>.
2. Based on Israel Orbach's research on mental pain: Orbach, I., Mikulincer, M., Gilboa-Schechtman, E. & Sirota, P. (2003), 'Mental pain and its relationship to suicidality and life meaning', *Suicide and Life-Threatening Behavior*, 33, pp. 231–41.
3. 'Painful engagement' refers to the feeling that your goals are unattainable, yet at the same time you are not able to let them go, for your happiness feels like it depends on them. See MacLeod, A. K. & Conway, C. (2007), 'Well-being and positive future thinking for the self versus others', *Cognition & Emotion*, 21(5), pp. 1114–24; and Danchin, D. L., MacLeod, A. K. & Tata, P. (submitted), 'Painful engagement in parasuicide: The role of conditional goal setting'.
4. For an extended discussion of these ideas, see Paul Gilbert, *The Compassionate Mind* (Constable, 2010).
5. See Williams, J. M. G., Barnhofer, T., Crane, C., Hermans, D., Raes, F., Watkins, E. & Dalgleish, T. (2007), 'Autobiographical memory specificity and emotional disorder', *Psychological Bulletin*, 133, pp. 122–48.
6. Bryant, R. A., Sutherland, K. & Guthrie, R. M. (2007), 'Impaired specific autobiographical memory as a risk factor for posttraumatic stress after trauma', *Journal of Abnormal Psychology*, 116, pp. 837–41.

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7. Kleim, B. & Ehlers, A. (2008), 'Reduced Autobiographical Memory Specificity Predicts Depression and Posttraumatic Stress Disorder After Recent Trauma', *Journal of Consulting and Clinical Psychology*, 76(2), pp. 231–42.
8. Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Soulsby, J. (2000), 'Mindfulness-Based Cognitive Therapy reduces overgeneral autobiographical memory in formerly depressed patients', *Journal of Abnormal Psychology*, 109, pp. 150–55.
9. Adapted from Baer, R. A., et al. (2006), 'Using self-report assessment methods to explore facets of mindfulness', *Assessment*, 13, pp. 27–45. Used with permission of Dr Baer and Sage Publications.
10. This is sometimes called Loving Kindness Meditation – but 'befriending' is a better translation of the original Pali word (Metta) on which it is based.
11. Singer, T., et al. (2004), 'Empathy for Pain Involves the Affective but not Sensory Components of Pain', *Science*, 303, p. 1157, doi: 10.1126/science.1093535.
12. Barnhofer, T., Chittka, T., Nightingale, H., Visser, C. & Crane, C. (2010), 'State Effects of Two Forms of Meditation on Prefrontal EEG Asymmetry in Previously Depressed Individuals', *Mindfulness*, 1 (1), pp. 21–7.
13. Williams, J. M. G., Teasdale, J. D., Segal, Z. V. & Kabat-Zinn, J., *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford Press, 2007), p. 202.
14. The idea of reclaiming your life arises directly from the research findings of Anke Ehlers and her colleagues showing how much we tend to assume that everything is irreversibly changed by trauma: Kleim, B. & Ehlers, A. (2008), 'Reduced Autobiographical Memory Specificity Predicts Depression and Posttraumatic Stress Disorder After Recent Trauma', *Journal of Consulting and Clinical Psychology*, 76(2), pp. 231–42.
15. See [www.bookcrossing.com](http://www.bookcrossing.com).
16. Einstein writing to Norman Salit on 4 March 1950.

## NOTAS

### CAPÍTULO ONZE

1. Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002), pp. 269–87.
2. Note that sleep researchers advise that any nap during the day should not exceed thirty minutes or we run the risk of entering so deep a sleep that we feel groggy on waking.
3. This section comes from Segal, Z. V., Williams, J. M. G. & Teasdale, J. D., *Mindfulness-based Cognitive Therapy for Depression: a new approach to preventing relapse* (Guilford Press, 2002), pp. 286–7.

### CAPÍTULO DOZE

1. Retold from a story told by Youngey Mingpur Rinpoche, *Joyful Wisdom: Embracing Change and Finding Freedom* (Harmony, 2009).
2. Jon Kabat-Zinn, ‘Meditation’ in Bill Moyers (ed.), *Healing and the Mind*, pp. 115–44 (Broadway Books, 1995).
3. Adapted from *Mindfulness for Chronic Fatigue* (unpublished) by Christina Surawy, Oxford Mindfulness Centre.
4. Sometimes poetry captures the soul of an idea more than any number of explanations. This poem, by Roger Keyes, was inspired by his many years spent studying the paintings of Japanese artist Katsushika Hokusai (1760–1849), famous for *The Great Wave off Kanagawa*, and for painting to a very great age. We are grateful for Roger Keyes’ permission to reproduce it here.