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# The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions

*Shauna L Shapiro PhD, Linda E Carlson*

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**The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions** Shauna L Shapiro PhD, Linda E Carlson
Drawing from Buddhist teachings and psychological theory, this book explores why mindful awareness is integral to the therapeutic healing process and shows clinicians how to connect with this deeper awareness. It integrates the art and science of mindfulness to engender greater well-being in both clinicians and their patients.

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