

## Special Issue

# The Neuroscience of Mindfulness

### Message from the Guest Editor

With the global rise in stress and stress-related disease, there is a pressing need to understand the mechanism of behavioural interventions such as mindfulness that might ameliorate stress and maintain wellbeing. There is growing research demonstrating that mindfulness and other behavioural interventions (e.g., binaural beats) have an effect on the brain and main cognitive health. The Special issue will feature a selection of research articles demonstrating the working mechanism and/or behavioural effects that mindfulness and related behavioural interventions exert on brain and behaviour. Contributions are encouraged that provide a bridge between brain function and cognitive ability in both health and disease.

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### Guest Editor

Dr. Ulrich Kirk

Department of Psychology, University of Southern Denmark, Odense, Denmark

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### Deadline for manuscript submissions

closed (15 August 2019)



## Brain Sciences

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*Brain Sciences*  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[brainsci@mdpi.com](mailto:brainsci@mdpi.com)

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## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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### Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA  
15260, USA

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