



## Health and Mindfulness: A Christian Approach

Guest Editor:

**Dr. Regina Chow Trammel**

Department of Social Work,  
Azusa Pacific University, Azusa,  
CA 91702, USA

Deadline for manuscript  
submissions:

**closed (15 June 2022)**

### Message from the Guest Editor

Dear Colleagues,

Mindfulness often draws from secular or Buddhist-based concepts and practices within the research community, practice realm, and, even more broadly, popular culture. This is important and necessary. However, the Christian religion can be foundational to the concepts, skills, and aims of mindfulness. How do we define a Christian approach to mindfulness? What are the important Christian spiritual practices that help define a Christian approach to mindfulness? What are the health benefits of a Christian approach to a mindfulness-based intervention?

For this Special Issue, we welcome a broad range of manuscripts, including research articles, conceptual and theoretical articles, and book reviews, that address any aspect of a Christian approach to mindfulness and its application to health and behavioral health outcomes. The papers selected will be designed to benefit anyone interested in the intersections of Christianity, mindfulness, and health.

### Keywords:

mindfulness  
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Religions Editorial Office  
MDPI, Grosspeteranlage 5  
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