acceptance, 67, 74, 123, 207, 215, 240, 246–8, 267
acceptance and commitment therapy (ACT), 155
addiction, 34–5, 52, 58, 165, 270–271
ambition, 283
assertive
assertive communication, 18, 213, 216, 218, 226–7, 236
assertiveness training, 216–17, 219, 226–7, 236
attachment
abandoning attachment, 125
attention regulation, 96
avoidance, 147, 151–6, 160–161, 164–6, 169–170
awareness
awareness threshold, 140
of body sensation, 115, 121, 126, 132, 178
interoceptive awareness, 58
interpersonal awareness, 219
metacognitive awareness, 88
of thoughts, 215
behavior therapy, 2–4, 17, 158, 217
Bhanga see dissolution
bipolar exposure, 158–62, 165–6, 169, 171, 179, 183–5, 201–2, 208
bliss, 149, 192–4
body-scanning see scanning
body sensations see four characteristics of body sensations
Buddha, 22, 31, 34, 38, 41–2, 61, 69, 81, 98, 106, 112, 141, 147, 184, 251, 277, 283–4
Buddhist
meditation, 117
psychology, 5, 36, 46, 57, 106, 111, 243, 272
teaching, 260
cautions, 3, 11
cerebral cortex, 41
change contract, 14, 268
coe-emergence
coe-emergence model of reinforcement, 45–6, 111, 153, 222, 226–7, 240, 271
coe-emerge, 61, 68, 78, 84, 105–6, 110, 113, 138, 158, 182, 195, 218, 240, 244, 272–3
coe-emergence in dreams, 87
INDEX

co-emergence (Cont’d
  co-emergence effect, 86
  co-emergent, 49, 52, 182
  co-emerging, 13, 54, 68–9, 78, 135, 192, 200, 248, 250
cognitive
  cognitive flexibility, 73, 287
  cognitive neuroscience, 118
commitment, 13, 16, 21, 63, 74, 76,
  compassion, 18, 27, 42, 141, 154, 200, 210, 235–50, 257–60, 269, 271, 274, 277–8, 283 see also empathy
conditioning
  conditioned, 42, 56, 141, 177, 184, 196, 246
  operant conditioning, 13, 28, 40, 52
context, 40, 155, 161, 272, 281
  craving (and aversion), 31, 34–6, 51, 68–9, 71–3, 89, 106, 112–14, 125–6, 175–8, 259
default mode network, 41
desensitization, 56, 106, 158, 161, 171–2, 184–5
dissolution, 192–4, 282
dualistic, 280–281
ego, 39, 125, 142, 195–6, 266
egolessness, 124–5, 142, 178, 191–2, 194, 196, 214, 237, 257, 260, 273
Eightfold Path, 285
embodied cognition, 46
emotion regulation, 91, 94–5, 197, 211
empathy, 33, 41, 98, 198, 240 see also compassion
empowerment, 200
equanimity
  definition of equanimity, 97
  importance of equanimity, 98
  level of equanimity, 254, 266
  practice of equanimity, 112
equilibrium
  disequilibrium state, 52–3, 56
  equilibrium state, 46, 53, 227
ethics
  ethical behavior, 235, 249
  ethical boundaries, 272, 274
  ethical challenges, 248, 250, 254, 257
evaluation component, 47, 111, 222
executive functions, 68, 90
experiential
  awareness, 199
  learning, 11, 28, 45, 79, 81, 94
  ownership, 200–201, 205, 207–8, 210, 213, 220–221, 227
exposure
  bipolar exposure, 158–62, 165–6, 169, 171, 179, 183–5, 201–2, 207–8
  in vivo exposure, 160–161, 165, 169, 190, 201–2, 213
  mindful exposure, 18, 158, 161
externalizing skills, 17
first noble truth, 42
five aggregates of the mind, 46
forgiveness, 245–7
forms, 20, 128, 172
four characteristics of body sensations
  cohesiveness, 36, 109, 132
  fluidity, 109–111, 113, 127–32, 138, 158–9, 168, 175, 192, 229, 239
  temperature, 50, 64, 77, 103, 109–111, 127–31, 158–9, 175, 239
frequently asked questions, 4, 26, 71, 100, 125, 135, 164, 181, 207, 229, 254
happiness, 1, 5, 16, 33–4, 43, 45, 56, 138, 167, 246, 249, 261, 272, 276–9, 283–4, 286
hindrances (The five)
  aversion, 73–4
  craving, 71–3
  doubt, 77–9
  drowsiness, 74–5
  restlessness, 75–7
impermanence, 31–4, 89, 111–12, 114–17, 125, 192, 273–4
impersonality see egolessness
inhibition pathway, 140, 160
inhibitory
  functions, 272
  neurons, 182
interdependent origination, 46
internalizing skills, 17
interoception, 46, 49, 53, 105, 109–110
interoceptive signature, 127, 132–3, 148–50, 171
interpersonal
mindfulness, 189, 196, 199
neurobiology, 197
skills, 18, 166, 197, 220, 239, 266
stage, 17, 190
Karma, 56, 284
knowledge
knowledge about others see interpersonal skills
self-knowledge, 11, 13, 21
law of impermanence, 31, 33–4, 114
Learning Theory, 284
longevity, 23
love (compassionate), 274
maintenance, 30–31, 33, 35, 37–9, 41, 43, 280
Mantra, 76
metacognition, 91
mindful communication, 199, 212
mindfulness
applied practice of, 88, 126–7, 150
of body, 79, 91–2, 94–5, 119, 147, 168, 189, 212
of breath, 20, 28, 60, 63, 66–7, 69, 73, 76, 82, 89–91, 93–5
definition of, 106
establishment of, 22, 98, 237 see also Satipatthana
purpose of, 60–62, 95, 283
silent practice of, 121–2
mindfulness-integrated cognitive behavior therapy (MiCBT), 2, 17, 19, 21, 69, 128, 149, 215, 217, 239, 247–8, 260, 265, 267, 279, 283, 285
mirror neurons, 41, 198, 202–203, 211, 221, 241–2
neurobiology, 57, 167, 197, 211
neuroplasticity, 44, 58, 91, 102, 116, 149, 211
neuroscience, 41, 43, 45, 50, 52, 57–9, 91, 108, 118, 196–7, 211, 287
Nihilism, 257
noble
action, 42, 253
path, 285
Pali, 22, 61, 97–8, 192, 250, 267, 270
Paramis, 270
passion, 77
phenomenology, 83
prefrontal cortex, 41, 43, 58, 81, 160, 197–8, 203, 205, 211, 252, 272
progress (measurement of) 131, 172, 266, 268
progress (measurement of) 131, 172, 266, 268
progressive muscle relaxation, 20, 22–3, 25, 60, 282, 286
questions see frequently asked questions
reaction, 46, 50–51, 53–6, 90, 94, 96
reactivity, 3, 18, 30, 38, 42, 45, 56–7, 61–2, 64, 69, 82, 94, 98, 108, 119, 126, 132, 141
recording
audio, 93, 107, 117, 120, 286
MP3, 93, 150, 174
relaxation see progressive muscle relaxation
right effort, 88, 113
right mindfulness, 69, 106, 141, 250
Sati, 61, 106, 250
Satipatthana, 237 see also establishment of mindfulness
scanning
advanced, 20, 102, 141, 143, 149, 162, 166, 179, 181, 186, 191, 210, 230
bilateral scanning, 149
body-scanning, 73, 79, 114, 147, 149–50, 162
scanning (Cont’d)
  partial sweeping, 20, 166, 168–9, 174, 178–9, 186, 189–91, 213
  sweeping en masse, 20, 178, 186, 189–92, 205, 210, 212–13, 229, 236–7
  sweeping in depth, 230, 235–7, 253, 260, 282
  symmetrical scanning, 20, 147, 149–50, 162, 164, 169, 213
  unilateral scanning, 102
schemas, 48–9, 57
self
  self-acceptance, 18, 78, 147, 152, 164, 168
  self-control, 252, 272
  self-esteem, 36–7, 197
  self-referential processing, 41
  self-worth, 36, 41, 90, 154, 177, 238, 243, 247, 250, 268, 271
sensation(s)
  blank spot, 96, 103, 137, 164, 191
sensory perception, 47, 49, 54–5, 94, 111, 142, 226
skill transfer, 280
subjective units of distress, 155–7, 162, 169, 172–3, 179
suffering
  cause of, 31, 34
  way out of, 272
symptoms
  agitation, 49–50, 64, 67, 76, 93, 95, 104, 110, 128, 239–40, 275
  anxiety symptoms, 177
  panic symptoms, 11, 185
  stress, 2, 23, 28, 42, 54, 71, 93, 95, 114, 132–3, 138–9, 151, 170, 197–9
  symptoms of depression, 238
therapist(s), 2–4, 26, 77, 115, 193, 267, 282
thoughts
  attachment to thoughts, 82
  intrusive thoughts, 72, 83–6, 90, 94, 120–121, 136, 148, 183, 191
  wholesome thoughts, 62, 68, 89, 140, 240, 274
  wholesome thoughts, 68, 240, 244, 274
  trauma, 54–5, 64, 82, 115–16, 191, 194
unhappiness, 1, 16, 30, 38, 42, 56, 97, 106, 154, 245–6
  see also suffering
values, 10, 33, 48, 98, 124–5, 141, 152–4, 218–19, 222, 239
Vipassana, 3, 12–13, 96, 99, 149, 183–4, 196, 215, 282
virtue(s), 238, 248–9, 253, 270, 272, 275
visualization, 67, 159, 244
wholesome
  action, 249
  intention, 36, 270