



Research & Articles

Research

- [Stress Management & Mindfulness In The Workplace-AMA \(2015\)](#)
- [Examining Workplace Mindfulness And Its Relations To Job Performance and Turnover Intention \(2013\)](#)
- [Contemplating Mindfulness at Work - An Integrative Review \(2015\)](#)
- [Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review \(2017\)](#)

Articles

- [NYT - "At Aetna, a C.E.O.'s Management by Mantra"](#)
- [HBR - "Why Google, Target, and General Mills Are Investing in Mindfulness"](#)
- [Entrepreneur - "6 Ways Embracing Mindfulness Helps You Thrive at Work"](#)
- [LSE Business Review - "Mindfulness has big impacts for performance, decision-making and career longevity"](#)