



Minding the Bedside: Nursing from the Heart of the Awakened Mind

Jerome Stone

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Minding the Bedside: Nursing from the Heart of the Awakened Mind is a book about mindfulness, meditation and compassion practices, written specifically for nurses. However, it can be read and bring benefit to anyone who would like to learn to work with their mind and heart in being more present in their daily life, especially if they're caring for a loved-one or friend who is facing health challenges or illness. Published in September, 2011, Minding the Bedside is a “guide to changing how to work with your mind and thereby become a more focused and compassionate human being.” In addition to resources related to meditation and compassion, there are links to articles on research in mind-body medicine, audio and video segments on lectures given by leaders in the field of research, and guest-author presentations and postings.



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