



SITOGRAFIA

PRESENTAZIONE:

www.mindfulnessconnected.com
www.socialmindfulness.it
www.mindful-longevity-academy.com
www.innersight.it

SESSIONE 1:

[Living with gods: the 40,000-year-old Lion Man](#)

www.themindfulnessinitiative.org

SESSIONE 3:

<https://selfdeterminationtheory.org/theory/>

SESSIONE 5:

<https://selfdeterminationtheory.org/theory>

Rural Health Information Hub, www.ruralhealthinfo.org, www.ruralhealthinfo.org/toolkits/health-promotion/2/theories-and-models/social-cognitive

[The Self and The Other: Social Baseline Theory with Dr. James Coan](#)

SESSIONE 7:

<http://demonstrations.wolfram.com/TheGordonSchaeferModel>

SESSIONE 8:

www.bamba.org.uk/

www.vmbn.nl

www.mindandlife.org/media/iscs-2014-master-lecture-evan-thompson/

dr.ssa Antonella Buranello – founder Social Mindfulness Italia | Mindful Longevity Academy

+ 39 3471659087
antonellaburanello@gmail.com
antonella.buranello@pecpsyveneto.it
P.IVA 03216180269

Viale Nino Bixio, 31
31100 Treviso (TV)
Italy

antonellaburanello.it
socialmindfulness.it
mindful-longevity-academy.com



BIBLIOGRAFIA

SESSIONE 1:

Oliver, T., *L'inganno dell'io: come siamo tutti collegati e perché è importante*, Il Saggiatore, Milano, 2020 (ed. or.: *The Self Delusion: The Surprising Science of Our Connection to Each Other and the Natural World*, W&N, London, UK, 2020).

Smail, D., *Power, Interest and Psychology: Element of a Social, Materialist Understanding of Distress*, PCCS Books, Monmouth, UK 2005.

Solomon, A., *Far and Away: How Travel Can Change the World*, Scribner, UK, 2017.

Bristow, Bell, and Wamsler .*Reconnection: Meeting the Climate Crisis Inside Out*. The Mindfulness Initiative, UK, 2022.

Bristow, *Responding to Mindfulness: Developing in Urgent Times, A compilation of essays* The Mindfulness Initiative, UK, 2021.

Leonard, M., *Why we need social mindfulness. In Responding to Mindfulness: Developing in Urgent Times, A compilation of essays* The Mindfulness Initiative, UK, 2021.

SESSIONE 2:

Adapted from Numenmaa, Glerean, E., Hari, R., Hietanen, J.K., [Bodily maps of Emotions](#), 2013, *Proc Nat Ac Sci*,111.

SESSIONE 3:

Braun, E., *The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk*, University of Chicago Press; Reprint edition (July 28, 2016).

Burzler M A et al., [Mechanisms of Mindfulness in the General Population](#). *Mindfulness*, 10, 469-480, 2019.

Kabat-Zinn, J., *Vivere momento per momento*, Corbaccio, Milano, 2021 (ed. Or.: *Full Catastrophe Living, Revised Edition: How to Cope with Stress and Illness using Mindfulness Meditation*, Piatkus, London, UK 2013).

Segal, Z., Williams, M., Teasdale, J. *Mindfulness. Al di là del pensiero, attraverso il pensiero*, Bollati Boringhieri, Milano, 2014 (ed. Or.: *Mindfulness-Based Cognitive Therapy for Depression. A New Approach to Preventing Relapse*, Guilford Press, New York, NY, 2013).

dr.ssa Antonella Buranello – founder Social Mindfulness Italia | Mindful Longevity Academy

+ 39 3471659087
antonellaburanello@gmail.com
antonella.buranello@pecpsyveneto.it
P.IVA 03216180269

Viale Nino Bixio, 31
31100 Treviso (TV)
Italy

antonellaburanello.it
socialmindfulness.it
mindful-longevity-academy.com



Williams, M., Segal, Z., Teasdale, J., Kabat-Zinn, J. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*, Guilford Press, New York, NY, 2007.

Williams, M., Penman, D. *Metodo mindfulness: 56 giorni alla felicità*, Mondadori, Milano, 2016 (ed. Or.: *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*, Piatkus, London, UK 2011).

Chapman-Clarke, M.A., *Mindfulness in the Workplace: , An Evidence-Based Approach to Improving wellbeing and Maximizing Performance*, Kogan Page, London, UK 2016.

Leonard. M., *MBOE Social Mindfulness una guida alle meditazioni realizzata da MBOE – Mindfulness-Based Organisational Education*, Edizioni Simple, Macerata, 2022 (ed. Or.: *Social Mindfulness: a guide to meditations from Mindfulness-Based Organisational Education*, Mindfulness Connected Ltd., Bristol, UK, 2019).

Krusche, A., Jack, C.D., Blunt, C., Hsu, A., [Mindfulness-Based Organisational Education: An Evaluation of a Mindfulness Course Delivered to Employees at the Royal Orthopaedic Hospital](#), *Mindfulness* 11, 362-373, 2020.

SESSIONE 4:

Killingsworth, M. A., Gilbert, D. T.: [A wandering mind is an unhappy mind](#), *Science*, 2010 Nov 12;330(6006), 2010.

Lutz, A., Jha, A. P., Dunne, J.D., Saron, C. D., [Investigating the Phenomenological Matrix of Mindfulness-Related Practices from a Neurocognitive Perspective](#) , *American Psychologist*, 2015, 70 (7), 632-58.

Adapted from Friedman, R. S., Forster, J, [The effects of promotion and prevention cues on creativity](#). *Journal of Personality and Social Psychology*, 2001, 81(6) 1001-13.

Adapted from Roth, S, Cohen, L. J., [Approach, avoidance, and coping with stress](#). *American Psychologist*, 1986, 41(7), 813–819.

Adapted from Numenmaa, L., Hari, R., Hietanen, J. K., & Glerean, E., [Maps of subjective feelings, “PNAS Proceedings of the National Academy of Sciences of the United States of America”](#), 2018, 115(37), 9198-203.

SESSIONE 5:

Bresmon, H., Edmonson, A. C., Research: [To Excel, Diverse Teams Need Psychological Safety](#), 2022, *HBR*.

dr.ssa Antonella Buranello – founder Social Mindfulness Italia | Mindful Longevity Academy

+ 39 3471659087
antonellaburanello@gmail.com
antonella.buranello@pecpsyveneto.it
P.IVA 03216180269

Viale Nino Bixio, 31
31100 Treviso (TV)
Italy

antonellaburanello.it
socialmindfulness.it
mindful-longevity-academy.com





Centola, D., Becker, J., Brackbill, D., Baronchelli, A., [Experimental evidence for tipping points in social convention](#), "Science", 2018, Jun. 8, 360(6393), 1116-9

Kok, B. E., Coffey, K. A., Cohn, M. A., Catalino, L. I., Vacharkulksemsuk, T., Algoe, S. B., Brantley, M., Fredrickson, B. L., [How Positive Emotions Build Physical Health: Perceived Positive Social Connections Account for the Upward Spiral Between Positive Emotions and Vaqal Tone](#), 2013, Psychological Science.

Pikul [For mindfulness programs, 'with whom' may be more important than 'how'. Health and Medicine](#), Pikul, 2021.

House J.S., Landis K. R., Umberson D. [Social Relationships and Health](#). Science, 2018, Vol 241, 540-545.

Dambrum M., [Self-centeredness and selflessness: happiness correlates and mediating psychological processes](#). Peer J., 2017

Itzchakov G & Kluger N., [The Power of Listening in Helping People Change](#). HBR, 2018.

Gambini B., <https://www.buffalo.edu/ubnow/stories/2021/04/mindfulness-selfishness.html>
UbNow University of Buffalo, 14 aprile 2021

Poulin M., [Mindfulness can make you selfish A pioneering new study examines the social effects of mindfulness](#). Science daily, 14 aprile 2021

Miller K.I., Stiff J.B., Ellis, B. H., *Communication and empathy as precursors to burnout among human service workers*. Communication Monographs, 1988, 55(3), 250–265.

Williams, J. M. G., Barnhofer, T., Crane, C., Herman, D., Raes, F., Watkins, E., & Dalgleish, T., [Autobiographical Memory Specificity and Emotional Disorder](#). Psychological Bulletin, 2007, Vol 133-1.

Luethi, M., Meier, B., & Sandi, C., [Stress Effects on Working Memory, Explicit Memory, and Implicit Memory for Neutral and Emotional Stimuli in Healthy Men](#). Front Behav Neurosci. 2008; 2: 5.

Taylor L.M., Raine K., Plotnikoff R.C., Vallance J.K., *Understanding physical activity in individuals with prediabetes: an application of social cognitive theory*. Psychol Health Med, 2016, 21:254–60.

SESSIONE 6:

Williams, M., Penman, D. *Metodo mindfulness: 56 giorni alla felicità*, Mondadori, Milano, 2016 (ed. Or.: *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*, Piatkus, London, UK 2011).

dr.ssa Antonella Buranello – founder Social Mindfulness Italia | Mindful Longevity Academy

+ 39 3471659087
antonellaburanello@gmail.com
antonella.buranello@pecpsyveneto.it
P.IVA 03216180269

Viale Nino Bixio, 31
31100 Treviso (TV)
Italy

antonellaburanello.it
socialmindfulness.it
mindful-longevity-academy.com





Adapted from Numenmaa, Glerean, E., Hari, R., Hietanen, J.K., [Bodily maps of Emotions](#), 2013, *Proc Nat Ac Sci*,111

SESSIONE 7:

Adapted from Yerkes R. M. & Dodson J. D. [The Relation of Strength of Stimulus to Rapidity of Habit Formation](#). *Journal of Comparative Neurology and Psychology*, 1908, 18, 459-482

SESSIONE 8:

Numenmaa, Glerean, E., Hari, R., Hietanen, J.K., [Bodily maps of Emotions](#), 2013, *Proc Nat Ac Sci*,111

Varela F. J., Thompson E., Rosch E., *The Embodied Mind: Cognitive Science and Human Experience*, The MIT Press, Cambridge, MA 2017.

© A cura di Gaia Gottipavero, 2023

dr.ssa Antonella Buranello – founder Social Mindfulness Italia | Mindful Longevity Academy

+ 39 3471659087
antonellaburanello@gmail.com
antonella.buranello@pecpsyveneto.it
P.IVA 03216180269

Viale Nino Bixio, 31
31100 Treviso (TV)
Italy

antonellaburanello.it
socialmindfulness.it
mindful-longevity-academy.com

