

A woman with long dark hair is sitting in a meditative lotus pose on a sandy beach. She is wearing a light blue long-sleeved shirt and light-colored pants. The background shows a clear blue sky and a calm sea. The overall atmosphere is peaceful and suggests a focus on mental health and relaxation.

Best Meditation Apps For 2026: Your Guide To Mindfulness, Sleep & Stress Relief



2026 Guide Mindfulness Meditation

Beth Warren, MS, RDN, CDN

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Mindfulness-integrated CBT for Well-being and Personal Growth Bruno A. Cayoun,Andrea D. Grabovac,2025-11-26

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Real World Psychology Catherine A.

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Religion, Spirituality, and Public Health Karen O'Brien-Kop,Suzanne

Newcombe,2025-10-14 Religion Spirituality and Public Health focuses on exploring the role of different ways of knowing or arriving at truth i e epistemes particularly those found in religious and alternative health milieus While biomedical solutions offer a dominant narrative these are articulated differently in global contexts Moreover individuals often draw upon alternative framings that are sometimes oppositional to and at other times engaged with directives from medical and governmental authorities The focus of this volume is worldviews and epistemes that are often marginalised or rejected in dominant discourses from shamanism in Korea to African Pentecostalism in Britain and from global online AntiVax narratives to traditional Siddha medicine in South India Detailed case studies explore the contested competing and strategically aligned relationships between mainstream and marginal epistemes between religious healing spirituality and biomedicine and between politics and belief These explorations promote greater insight into how marginalised religious epistemes are

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