

# Credits & Citations

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- Statistics cited for the duration of mind training required to reap benefits in the brain are from the brilliant book, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*, by Professor Daniel Goleman, William James and Dr Richard J Davidson. The authors conducted a meta analysis of over 6,000 research papers analysing the effects of mind training. The book can be sourced from <https://www.amazon.co.uk/Altered-Traits-Science-Reveals-Meditation/dp/0399184384>.
- 3D brain videos and associated screengrab images are sourced from the Society for Neuroscience <http://www.brainfacts.org/3d-brain>
- The book referenced in class 5 is *The Chimp Paradox* by Professor Steve Peters, available from <https://www.amazon.co.uk/Chimp-Paradox-Management-Programme-Confidence/dp/009193558X>
- The book referenced in class 10 is *Emotional Intelligence* by Professor Daniel Goleman, available from <https://www.amazon.co.uk/Emotional-Intelligence-Matter-More-Than/dp/0747528306>
- The Self-Compassion research referenced in class 17 is by Dr. Kristin Neff and her books can be sourced from <https://www.amazon.co.uk/Kristin-Neff/e/B004DM0CVS/>
- Story of the meeting between HH Dalai Lama and Sharon Salzberg in class 17 originates from the book, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*, by Professor Daniel Goleman, William James and Dr Richard J Davidson and can be sourced from <https://www.amazon.co.uk/Altered-Traits-Science-Reveals-Meditation/dp/0399184384>
- In class 17, the photograph of HH Dalai Lama and Sharon Salzberg, copyright is attributed to Sharon Salzberg
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