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home school of positive transformation Feb 21 2022 on top of that the course is a well balanced mix of activities reflection readings and peer group discussions all of this has provided me with excellent continued professional development that i can pass on to my clients ensuring i reach my goal of being the best coach and positive psychology practitioner possible *mindfulness based stress reduction the ultimate mbsr guide* Dec 27 2019 may 11 2021 jon kabat zinn is considered the founding father of mindfulness based stress reduction as he created the practice in the 1970s he took a modern scientific based perspective to traditional buddhist principles of mindfulness and meditation and developed a flexible approach to reducing stress mbsr was first put into practice at the stress reduction events concordia university Jun 13 2021 concordia university offers a variety of events around the university for students staff faculty and even the public educational psychology wikipedia Jul 14 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