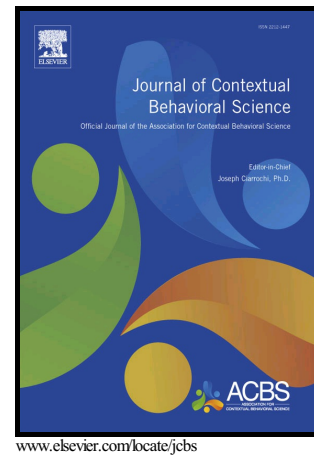


Author's Accepted Manuscript

Mindfulness and self-compassion as tools in health behavior change: An evaluation of a workplace intervention pilot study

Kristin A. Horan, Maija B. Taylor



PII: S2212-1447(18)30044-9
DOI: <https://doi.org/10.1016/j.jcbs.2018.02.003>
Reference: JCBS217

To appear in: *Journal of Contextual Behavioral Science*

Received date: 19 May 2017
Revised date: 1 February 2018
Accepted date: 20 February 2018

Cite this article as: Kristin A. Horan and Maija B. Taylor, Mindfulness and self-compassion as tools in health behavior change: An evaluation of a workplace intervention pilot study, *Journal of Contextual Behavioral Science*, <https://doi.org/10.1016/j.jcbs.2018.02.003>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Running head: MINDFULNESS AND SELF-COMPASSION

**Mindfulness and self-compassion as tools in health behavior change: An evaluation of a
workplace intervention pilot study**

Kristin A. Horan ^a

Maija B. Taylor ^a

^a Bowling Green State University

Kristin A. Horan, M.A.
Industrial-Organizational Psychology
Department of Psychology
Bowling Green State University
Bowling Green, OH 43403-0232
419-372-4402
khoran@bgsu.edu

Maija B. Taylor, M.A.
Clinical Psychology
Department of Psychology
Bowling Green State University
Bowling Green, OH 43403-0232
mai jat@bgsu.edu

Author note:

This research did not receive any specific grant from funding agencies from public, commercial, or not-for-profit sectors.

Download English Version:

<https://daneshyari.com/en/article/7268240>

Download Persian Version:

<https://daneshyari.com/article/7268240>

[Daneshyari.com](https://daneshyari.com)