

Accepted Manuscript

Insight Meditation and Telomere Biology: The Effects of Intensive Retreat and the Moderating Role of Personality

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PII: S0889-1591(18)30047-3
DOI: <https://doi.org/10.1016/j.bbi.2018.03.003>
Reference: YBRBI 3341

To appear in: *Brain, Behavior, and Immunity*

Received Date: 10 October 2017
Revised Date: 26 February 2018
Accepted Date: 3 March 2018

Please cite this article as: Conklin, Q.A., King, B.G., Zanesco, A.P., Lin, J., Hamidi, A.B., Pokorny, J.J., Jesús Álvarez-López, M., Cosín-Tomás, M., Huang, C., Kaliman, P., Epel, E.S., Saron, C.D., Insight Meditation and Telomere Biology: The Effects of Intensive Retreat and the Moderating Role of Personality, *Brain, Behavior, and Immunity* (2018), doi: <https://doi.org/10.1016/j.bbi.2018.03.003>

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