

Selected References and Reading

This section offers a bibliography for the text, which serves as the background research, reading, and specific publications for authors cited in the text. As mentioned in part I, this book, *Aware*, is not intended as a comprehensive review of science but rather as a guide to a scientifically inspired practical application of a reflective training to cultivate awareness, focusing especially on one particular practice, the Wheel of Awareness. The Wheel serves as an example of how to train the mind with focused attention, open awareness, and kind intention. For these reasons, the references here should be considered as a starting place to dive more deeply into the research if you are so inclined, but it is not an exhaustive listing of empirical studies. Also, familiarity with these resources is not in any way necessary to fully utilize the practices and discussions presented in the book itself. My hope is that this set of resources will simply offer an inspiring sampling of the diverse academic work that is the consilient science underlying our journey. As mentioned earlier, the field of interpersonal neurobiology offers a way to focus on the nature of the mind and mental health built on this interdisciplinary consilient approach.

For a general background on how the mind develops and its connection to our embodied brain and our relationships, please see *The Developing Mind*, an academic textbook now in its third edition, which offers thousands of scientific references on mental processes such as attention and memory. If you are inspired to dive into any of the following resources, please enjoy and remember to differentiate and link your direct experiential immersion with the Wheel practice with the scientific knowledge presented in these references to integrate your experience. A brief glance at the section headings and the titles of the publications will guide you in finding relevant scientific explorations of a given topic, such as telomeres and epigenetics or, more generally, the impact of meditation on mental processes, our relationships, and the brain. If a specific quotation was used in the text, a footnote at the bottom of that page indicates the exact source from which the quotation was drawn.

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