

# Learning To Breathe: A Mindfulness Curriculum For Adolescents To Cultivate Emotion Regulation, Attention, And Performance By Patricia C. Broderick PhD

By Patricia C. Broderick PhD

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1. New Dir Youth Dev. 2014 Summer;2014(142):31-44. doi: 10.1002/yd.20095. Learning to BREATHE: an intervention to foster mindfulness in adolescence.

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