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Dr. Carlson trained as a Clinical Health Psychologist at McGill University in Montreal, She also wrote a professional handbook entitled The Art and Science of Mindfulness: Integrating mindfulness into psychology and the helping professions

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Shauna L. Shapiro is a speaker, author and Professor of Psychology at Santa Clara University known for her work on mindfulness. Recently featured at TedX

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Linda E. Carlson is a Canadian Professor, published Author with the American Psychological The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions, Second Edition as published in the APA. Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help

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