

# Where's the Proof That Mindfulness Meditation Works?

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## Scientific American:

The concept of mindfulness involves focusing on your present situation and state of mind. This can mean awareness of your surroundings, emotions and breathing—or, more simply, enjoying each bite of a really good sandwich. Research in recent decades has linked mindfulness practices to a staggering collection of possible health benefits.

Tuning into the world around you may provide a sense of well-being, an array of studies claim. Multiple reports link mindfulness with improved cognitive functioning. One study even suggests it may preserve the tips of our chromosomes, which whither away as we age.

Yet many psychologists, neuroscientists and meditation experts are afraid that hype is outpacing the science. In an article released this week in *Perspectives on Psychological Science*, 15 prominent psychologists and cognitive scientists caution that despite its popularity and supposed benefits, scientific data on mindfulness is woefully lacking. Many of the studies on mindfulness and meditation, the authors wrote, are poorly designed—compromised by inconsistent definitions of what mindfulness actually is, and often void of a control group to rule out the placebo effect.

Read the whole story: [\*Scientific American\*](#)