Contents

1 **Introduction: A New Hope** ................................................. 1
   Donald McCown

**Part I  Issues in the Ethics of Mindfulness**

2 **Is Mindfulness Secular or Religious, and Does It Matter?** .... 23
   Jane F. Compson

3 **Ethics, Transparency, and Diversity in Mindfulness Programs** . 45
   Candy Gunther Brown

4 **Professional Ethics and Personal Values in Mindfulness-Based Programs: A Secular Psychological Perspective** .......... 87
   Ruth Baer and Laura M. Nagy

5 **Ethics and Teaching Mindfulness to Physicians and Health Care Professionals** ................................................. 113
   Michael Krasner and Patricia Lück

**Part II  Ethics in Mindfulness-based Interventions and Programs**

6 **The Moral Arc of Mindfulness: Cultivating Concentration, Wisdom, and Compassion** ............................................. 143
   Lynette M. Monteiro

7 **The Purpose, Mechanisms, and Benefits of Cultivating Ethics in Mindfulness-Integrated Cognitive Behavior Therapy** .... 163
   Bruno A. Cayoun

8 **Mindfulness-Based Symptom Management: Mindfulness as Applied Ethics** ......................................................... 193
   Lynette M. Monteiro and Frank Musten
9 Promoting the Ethics of Care in a Mindfulness-Based Program for Teachers .............................................. 229
Patricia A. Jennings and Anthony A. DeMauro

10 Compassion as the Highest Ethic ........................................ 253
James N. Kirby, Stanley R. Steindl, and James R. Doty

11 Core Values in Mindful Self-Compassion .......................... 279
Pittman McGehee, Christopher Germer, and Kristin Neff

12 Mindfulness, Compassion, and the Foundations of Global Health Ethics ............................................. 295
David G. Addiss

Part III Ethics of Mindfulness in Corporate and Military Organizations

13 Ethics of Mindfulness in Organizations ............................ 325
Frank Musten

14 Paradoxes of Teaching Mindfulness in Business ................. 345
Shalini Bahl

15 Mindfulness and Minefields: Walking the Challenging Path of Awareness for Soldiers and Veterans .................. 373
Sean Bruyea

Index ............................................................................. 409