



# Mindfulness & Compassion

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## GUIDE FOR AUTHORS

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Mindfulness & Compassion (M&C) is the official journal of the Master of Mindfulness at the University of Zaragoza (Spain). M&C is published in electronic and printed format and its frequency is biannual (ISSN: 2445-4079). The journal was launched in 2016 and publishes original theoretical, methodological and empirical research dealing with questions that are relevant to mindfulness & compassion clinicians and researchers.

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