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Publications

PUBLICATIONS

- **Contemplative Practices Behavior Is Positively Associated with Well-Being in Three Global Multi-Regional Stanford WELL for Life Cohorts.** *International journal of environmental research and public health*
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- **The Value of Contemplative Practices: A Mixed Methods Approach Exploring Associations between Resilience and Experiences of the COVID-19 Pandemic among Older Adults.** *International journal of environmental research and public health*
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- **Coping with the COVID-19 pandemic: Contemplative practice behaviors are associated with better mental health outcomes and compliance with shelter-in-place orders in a prospective cohort study.** *Preventive medicine reports*
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- **Contemplation by Design: Leveraging the "Power of the Pause" on a Large University Campus Through Built and Social Environments.** *Frontiers in public health*
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- **Self-Compassion and Mindfulness Behavioral Practices: Relationships With Well-being**
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- **The Art of Health Promotion: Linking research to practice. New Measures for New Directions.** *American journal of health promotion : AJHP*
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- **Well-being Over the Life Course: Changes and Adaptations**
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- **Increasing Participation in Worksite Health Promotion for Underserved Populations**
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- **Myths and Facts About a Health Promoting Lifestyle** *Fresh Start: The Stafnrod Medical School Health and Fitness Program*
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- **An Attempt to Modify Unhelathful Eating Attitudes and Weight Regulation Practices of Adolescent Girls** *International Journal of Eating Disorders*
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- **THE STANFORD ADOLESCENT HEART HEALTH-PROGRAM** *HEALTH EDUCATION QUARTERLY*
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1989; 16 (2): 263-283
- **Theoretical Framework: Comparing the medical/clinical model with the public health/community model** *Promotion of Physical Activity in the Community: A Manual for Community Health Professionals*
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