

The emerging role of mindfulness meditation as effective self-management strategy, Part 1: clinical implications for depression, post-traumatic stress disorder, and anxiety

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Military medicine

2016; 181(9):961-968

ARTICLE IDENTIFIERS

DOI: 10.7205/MILMED-D-14-00677

PMID: 27612338

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 09019395

pISSN: 0026-4075

eISSN: 1930-613X

OCLC ID: 01641787

CONS ID: not available

US National Library of Medicine ID: 2984771R

This article was identified from a query of the SafetyLit database.