

Propositions accompanying the thesis:

1. Mindfulness can improve psychological wellbeing in patients with many different chronic conditions (this thesis).
2. Mindfulness can alter functional connectivity in the brain, improving emotion regulation capacity (this thesis).
3. In patients with heart disease, mindfulness can improve physical fitness (this thesis).
4. Mindfulness and positive affect stimulate each other in an upward spiral (this thesis).
5. Double blind trials are not necessarily impossible in psychotherapeutic research (this thesis).
6. Choice of statistical analysis can influence the interpretation of borderline significant results profoundly (this thesis).
7. There is nothing vague about mindfulness.
8. Like other psychotherapies, ineffectiveness of mindfulness is not so much due to its techniques, but more due to personal characteristics.
9. Teaching mindful awareness to children can prevent many psychological struggles.
10. As body and mind affect each other, medicine and mental health should operate in an integrated rather than separated way.
11. *The constitution of madness as mental illness bears witness to a rupture in a dialogue, gives the separation as already enacted, and expels from the memory all those imperfect words, in which the exchange between madness and reason was carried out. The language of psychiatry, which is a monologue by reason about madness, could only have come into existence in such a silence.*

Michel Foucault