Citations for GRACE

General:
(Articles that give data and background for the GRACE intervention and BWD training, or relate to the general field of compassion training or research)


Halifax, J: The Precious Necessity of Compassion. In Vol. 41 No. 1 January 2011


**GRACE INTERVENTION CITATIONS:**

**G: Gathering attention**

**Attentional balance:**

(Articles that give data and background for attention training or attention research)


MacLean, K.A., Ferrer, E., Aichele, S., Bridwell, D.A., ....... Saron, C.D. (2010). Intensive meditation training leads to improvements in perceptual discrimination and sustained attention. Psychological...


**R: Recalling intention:**

**Cultivating prosocial affect and ethical perspectives:**
 *(Articles that give data and background for prosocial mental training or prosocial research and relevant ethics’ articles)*


**A: Attuning to self first, then other:** (Articles that give data and background for self-attunement, specifically somatic awareness, tracking of affect and cognitive content, as well as empathy training and research, and value of interoceptivity.)

Batson et al. (1997), while the reference I use for self-focused attention to another's distress and empathic over-arousal is Eisenberg (2002). I've listed both below, and attached the Batson et al. Paper.


C: Considering what will serve:
   Insight: metacognitive perspective, ethics, impermanence, self/other distinction, no attachment to outcome:
   (Articles that give data and background for value of metacognitive perspective, etc.)


E: Engaging:
   (Articles that give data, training, and background for value of altruism, eudaemonia, ethical character, engaged compassion, compassion satisfaction, vicarious resilience)
(A) From the very first caveman to scale a tree or hang from a cliff face, to the mighty armies of the Greco-Roman empires and the gymnasiums of modern American high schools, calisthenics has endured and thrived because of its simplicity and utility. Unlike strength training which involves weights, machines or resistance bands, calisthenics uses only the body’s own weight for physical development. Questions 29-35. The text has eight paragraphs, A–H. Which paragraph contains the following information? Write the correct letter, A–H, in boxes, 29–35 on your answer sheet. 29. The origin of the wor he GRE® General Testâ€”the most widely accepted graduate admissions test worldwideâ€”measures verbal reasoning, quantitative reasoning, critical thinking, and analytical writing skills that are necessary for success in graduate and business school. Prospective graduate and business school applicants from all around the world take the GRE General Test. Applicants come from varying educational and cultural backgrounds, and the GRE General Test provides a common measure for comparing candidatesâ€™ qualifications. GRE scores are used by admissions committees and fellowship panels to supplement your unde General questions are often pronounced with a Mid or Mid-High Rising nuclear tone preceded by a high level or stepping head and normal or high prehead. According to their communicative meaning these questions can be defined as neutral, or genuine, since they ask for information only and don’t convey any additional connotations such as the speaker’s personal interest, surprise, scepticism, etc. A Low Falling nucleus preceded by a high prenuclear pitch gives an insistent or a sceptical note to the General question. Such questions are often used when the speaker is not satisfied with the listener’s answer and has to repeat his original question, or when he is sure of the negative reply: a) â€” He’s promised to stop smoking. â€” Does he really mean what he says?