

# Links to Scientific Studies

The effects of mindfulness meditation on the brain



## [Links to studies](#)

**Meditation leads to reduced default mode network activity beyond an active task [LINK](#)**

**Impact of meditation training on the default mode network during a restful state [LINK](#)**

**Meditation reduces brain activity in the default mode network in children with active cancer and survivors [LINK](#)**

**There Is More to Mindfulness Than Emotion Regulation: A Study on Brain Structural Networks [LINK](#)**

