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Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, and other mindfulness-based trainings are available across North America. We’ve organized a list of centers here. Daily guided meditations are also available by smartphone app, or you can practice in person at a meditation center. The Mindful editors share their latest app discoveries and a major electronics company launches a well-being initiative. Read More. Mindful Staff. March 14, 2018. Meditation. Train Your Brain to Build Resilience. Getting back up when you stumble may seem easier for some than it does for others. The good news is, resilience is a like a muscle’s how you can strengthen yours over time.