

Review of: "The Vedic Foundations of Secular Mindfulness: A Study of Upaniṣad and Yoga Influences"

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Potential competing interests: No potential competing interests to declare.

The paper proposes several interesting directions for future research, including a more detailed exploration of how Kabat-Zinn adapted Vedic systems and a comparative study of secular mindfulness with Buddhist traditions. These suggestions are timely and would significantly enhance the academic discourse surrounding the historical and philosophical development of mindfulness practices. **Refer to the attachment**

Final Recommendation: **Accept with Minor Revisions**