

THANKS II

I extend my thanks to all the students,
for their great interest in the mindfulness and meditation courses,
for their enriching collaboration,
for their trust and unbiased openness,
for sharing their impressions and experiences
and for their questions and feedback.

A big thank you especially to those students who gave permission
for the personal entries from their meditation journals to be shared in this book.

I would also like to thank the Advisory Committee of the Munich University
of Applied Sciences for their financial support of the Munich Model since its inception.

I also extend my sincere gratitude to the Munich Model's many collaborators,
for all the positive exchanges of experiences and of information as well as the mutual
support shown in the enduring establishment of mindfulness and meditation
programs at universities. In particular, thank you to: Britta Hölzel, Ulrich Ott,
Harald Piron, Niko Kohls, Ortwin Lüers, Mike Sandbothe, Günter Hudasch
and Antaranga Gressenich for their expert comments.

