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Mindfulness practice moderates the relationship between craving and substance use in a clinical sample*

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Highlights

- Mindfulness practice affects the association between craving and substance use
- Specifically, formal mindfulness practice reduces the relation between craving and use
- Increasing formal mindfulness practice may protect against relapse

Abstract

* Supplementary material can be found by accessing the online version of this paper at <http://dx.doi.org> and by entering doi:...

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