

POZNÁMKY

1. Aldous Huxley, *The Perennial Philosophy* (New York: Harper & Brothers, 1945), s. 285 (česky *Věčná filozofie*, Onyx, 2001).
2. https://www.vatican.va/archive/ccc_css/archive/catechism/p4s1c3a1.htm.
3. Richard H. Schmidt, *God Seekers: Twenty Centuries of Christian Spiritualities* (Grand Rapids: Wm. B. Eerdmans, 2008), s. 215.
4. Matthew A. Killingsworth, Daniel T. Gilbert, „A Wandering Mind Is an Unhappy Mind“, *Science* 330, no. 6006 (November 12, 2010), s. 932.
5. Tamtéž, s. 932.
6. Herbert Benson, MD, Miriam Z. Klipper, *The Relaxation Response* (New York: Avon, 1976 reed.).
7. Guido P. H. Band, Roderick J. S. Gerritsen, „Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity“, *Frontiers in Human Neuroscience* 12 (October 9, 2018), s. 397, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189422/>.
8. <https://www.sciencedaily.com/releases/2018/05/180510101254.htm>.
9. Brother Lawrence of the Resurrection, OCD, *Writings and Conversations on the Practice of the Presence of God* (Washington, DC: ICS Publications, 1994), s. 116 (česky Bratr Vavřinec, *Praxe přítomnosti Boží*, Onyx, 2004).

10. *Writings and Conversations on the Practice of the Presence of God*, s. xxxiv.
11. Teresa of Avila, *Foundations*, 5,8 (česky Terezie od Ježíše, *Kniha o zakládání*, Karmelitánské nakladatelství, 1991).
12. Ronald Siegel, PsyD, „Tailoring Practices to Fit Changing Needs“, přednáška 8, *The Science of Mindfulness: A Research-Based Path to Well-Being* (Chantilly, VA: The Great Courses, 2014), DVD.
13. Denis Larrivee, Luis Echarte, „Contemplative Meditation and Neuroscience: Prospects for Mental Health“, *Journal of Religion and Health* 57, no. 3 (2018), s. 964.
14. Ellen J. Langer, *Mindfulness* (Reading, MA: Addison-Wesley, 1989).
15. <https://www.medicalnewstoday.com/articles/327310>.
16. *Practice of the Presence of God*, s. 65.
17. Thomas Merton, *The Wisdom of the Desert* (New York: New Directions, 1960).
18. Thomas Merton, *Seeds of Contemplation* (London: Burns and Oates, 1962).
19. Kim Nataraja, *Journey to the Heart: Christian Contemplation through the Centuries*, 2011, s. 378.
20. W. C. Compton and Edward Hoffman, *Positive Psychology: The Science of Happiness and Flourishing*, 2. vyd. (Belmont, CA: Thompson Wadsworth, 2013).
21. J. Finley, *Christian Meditation: Experiencing the Presence of God* (New York: Harper Collins, 2004), s. 46–47.
22. Finley, 50.
23. E. Kadloubovsky, G. E. H. Palmer, *Early Fathers from the Philokalia* (London: Faber & Faber, 1971), s. 161.
24. Elizabeth Blackburn, Elissa Epel, *The Telomere Effect* (New York: Grand Central Publishing [Hachette Book Group], 2017).

25. Kevin King a kol., „Effect of Leukocyte Telomere Length on Total and Regional Brain Volumes in a Large Population-Based Cohort“, *JAMA Neurology* 71, no. 10 (2014), s. 1247–1254.
26. Blackburn, Epel, *The Telomere Effect*, s. 29–35.
27. Tamtéž, s. 156.
28. Goleman, Davidson, *Altered Traits*, s. 273.
29. Adam Gazzaley, Larry D. Rosen, *The Distracted Mind: Ancient Brains in a High-Tech World* (Cambridge, MA: MIT Press, 2016), s. 190.
30. Tom Ireland, „What Does Mindfulness Meditation Do to Your Brain?“ *Scientific American* (blog), 12. června, 2014, <https://blogs.scientificamerican.com/guest-blog/what-does-mindfulness-meditation-do-to-your-brain/>.
31. Kathleen A. Garrison a kol., „Meditation Leads to Reduced Default Mode Network Activity Beyond an Active Task“, *Cognitive, Affective, and Behavioral Neuroscience* 15, no. 3 (September 2015), s. 712–720. 1
32. Goleman, Davidson, *Altered Traits*, s. 252–53.
33. Julia C. Basso a kol., „Brief, Daily Meditation Enhances Attention, Memory, Mood, and Emotional Regulation in Non-Experienced Meditators.“ Abstract. *Behavioural Brain Research*, 356 (January 1, 2019), s. 208–220.
34. Adam Gazzaley, Larry D. Rosen, *The Distracted Mind: Ancient Brains in a High-Tech World* (Cambridge, MA: MIT Press, 2016), s. 84–88.
35. https://scholar.harvard.edu/sara_lazar/home.
36. https://pubmed.ncbi.nlm.nih.gov/26445019/?from_term=alzheimers+and+meditation&from_pos=1
<https://www.medicalnewstoday.com/articles/323722#Changes-in-beta-amyloid-and-symptoms>.
37. <https://thriveglobal.com/stories/how-gratitude-actually-changes-your-brain-and-is-good-for-business/>.

38. R. McCraty a kol., „The Impact of a New Emotional Self-Management Program on Stress, Emotions, Heart Rate Variability, DHEA and Cortisol,” Abstract. *Integrative Physiological and Behavioral Science* 33 no. 2 (April-June 1998), s. 151-70. Studie publikovaná the National Center for Biotechnology Information. (Dehydroepiandrosterone, or DHEA, helps produce other hormones.)
39. <https://www.ncbi.nlm.nih.gov/pubmed/28698643>. Abstract.
40. Robert A. Emmons and Michael E. McCullough, „Counting Blessings versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life“, *Journal of Personality and Social Psychology* 84, no. 2 (2003), s. 377-389, https://greatergood.berkeley.edu/images/application_uploads/Emmons-CountingBlessings.pdf.
41. https://greatergood.berkeley.edu/images/application_uploads/Wood-GratitudeSleep.pdf.
42. <https://www.tandfonline.com/doi/abs/10.1080/17439760.2020.1716054>.
43. Summer Allen, PhD, *The Science of Gratitude White Paper*, Greater Good Science Center (May 2018), https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf.
44. David DeSteno, *Emotional Success: The Power of Gratitude, Compassion, and Pride* (New York: Houghton Mifflin Harcourt, 2018) <https://www.inc.com/geoffrey-james/neuroscience-says-your-body-mind-get-stronger-when-you-focus-on-this-one-thingdraft-1562273865.html>.
45. Sonja Lyubomirsky, *The How of Happiness: A Scientific Approach to Getting the Life You Want* (New York: Penguin Press, 2008), s. 275.
46. Tamtěž, s. 267.
47. Clara Strauss et al., „What Is Compassion and How Can We Measure It? A Review of Definitions and Measures,” Abstract. <https://www.ncbi.nlm.nih.gov/pubmed/27267346>.
48. McNeill, Morrison, Nouwen, *Compassion: A Reflection on the Christian Life* (Garden City, N.Y: Image Books, 1983), s. 3-4.
49. „Why You Should Pay Attention to Chronic Inflammation“ (October 14, 2014), <https://health.clevelandclinic.org/why-you-should-pay-attention-to-chronic-inflammation/>.
50. <https://www.webmd.com/heart/news/20130614/volunteering-may-be-good-for-the-heart-in-more-ways-than-one>.
51. Emma Seppala, Timothy Rossomando, James R. Doty, „Social Connection and Compassion: Important Predictors of Health and Well-Being“, *Social Research* 80, no. 2 (Summer 2013), s. 411-430, <http://www.ccare.stanford.edu/article/social-connection-and-compassion-important-predictors-of-health-and-well-being/>.
52. <https://www.sciencedirect.com/science/article/abs/pii/S0306453009001991>.
53. <https://www.mindful.org/three-powerful-mindfulness-practices-try-road/>.
54. Danusha Laméris, *Bonfire Opera* (Pittsburgh: University of Pittsburgh Press, 2020), s. 83. <https://voxpopulisphere.com/2019/08/11/danusha-lameris-small-kindnesses/>.
55. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4941164/>.
56. <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>. Viz též <https://www.psychologytoday.com/us/blog/changepower/201605/the-9-superpowers-your-smile>.
57. <https://www.nytimes.com/2019/04/18/well/mind/can-botox-and-cosmetic-surgery-chill-our-relationships-with-others.html>.

58. Jules Masserman, Stanley Wechkin, William Terris, „Altruistic Behavior in Rhesus Monkeys,“ *American Journal of Psychiatry* (1964).
59. Roman Krznaric, *Empathy: What It Is and How to Get It* (New York: Penguin Random House, 2014), s. 24.
60. Tamtéž, s. 131–132.
61. <https://pubmed.ncbi.nlm.nih.gov/20688954/>.
62. Sara B. Algoe, Jonathan Haidt, „Witnessing Excellence in Action: The Other-Praising Emotions of Elevation, Gratitude, and Admiration,“ Abstract. *Journal of Positive Psychology*, 4 no. 2 (2009), s. 105–127, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2689844/>.
63. Jessica Cerretani, „The Contagion of Happiness“, *Harvard Medicine* (zima 2020), <https://hms.harvard.edu/magazine/science-emotion/contagion-happiness>.
64. Lyubomirsky, *The How of Happiness*, s. 133.
65. Julia Cameron, *The Artist's Way: The Spiritual Path to Higher Creativity*, 25th anniversary edition (New York: Penguin, 2016), s. 20.
66. Christopher K. Germer, *The Mindful Path to Self-Compassion* (New York: The Guilford Press, 2009), s. 2.
67. Kristen Neff, *Self-Compassion* (New York: Harper Collins, 2011).
68. <https://www.psychologicalscience.org/news/why-you-should-stop-being-so-hard-on-yourself.html>.
69. Christopher K. Germer, *The Mindful Path to Self-Compassion* (New York: The Guilford Press, 2009).
70. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/>.
71. <https://positivepsychology.com/positive-self-talk/>.
72. <https://www.psychologicalscience.org/news/releases/compassion-training.html>.

73. Rob Walker, *The Art of Noticing: 131 Ways to Spark Creativity, Find Inspiration, and Discover Joy in the Everyday* (New York: Alfred A. Knopf, 2019).
74. Oliver Sacks, „Why We Need Gardens“ in *Everything in Its Place* (New York: Alfred A. Knopf, 2019), s. 243 (česky *Vše je na svém místě*, Dybbuk, 2019).
75. Mary Carol Hunter, Brenda W. Gillespie, Sophie Yu-Pu Chen, „Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary Biomarkers“, *Frontiers in Psychology* (April 4, 2019), <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full>.
76. „Seeing Greenery Linked to Less Intense and Frequent Cravings,“ Abstract. *Neuroscience News*, (July 12, 2019), <https://neurosciencenews.com/green-space-cravings-14468/>.
77. Ellen J. Langer, *Mindfulness* (Reading, MA: Addison-Wesley, 1989).
78. <https://www.researchgate.net/publication/309537908/>.
79. <https://neurosciencenews.com/nature-health-wellbeing-14233/>.
80. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4929355/>.
81. https://greatergood.berkeley.edu/article/item/why_is_nature_so_good_for_your_mental_health.
82. Dacher Keltner, Jonathan Haidt, „Approaching Awe, a Moral, Spiritual, and Aesthetic Emotion“, *Cognition and Emotion* 17 (March 2003), s. 297–314.
83. Carolyn Gregoire „How Awe-Inspiring Experiences Can Make You Happier, Less Stressed, and More Creative“, *HuffPost*, 22. září, 2014 (update 6. prosince, 2017) https://www.huffpost.com/entry/the-psychology-of-awe_n_5799850.
84. The Christophers, *Better to Light One Candle* (New York: Continuum, 2000), s. 210.

85. „Can Creativity Be Taught?“, <https://www.creativityatwork.com/2012/03/23/can-creativity-be-taught/>.
86. <https://www.inc.com/magazine/201402/ryan-underwood/creativity-boosters-neuroscience.html>.
87. Wallace J. Nichols, *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do* (New York: Little, Brown, 2014).
88. <https://www.ncbi.nlm.nih.gov/pubmed/26284745>.
89. https://www.huffpost.com/entry/baking-for-others-psychology_n_58dd0b85e4b0e6ac7092aaf8 and <https://www.guideposts.org/better-living/positive-living/emotional-and-mental-health/the-psychological-benefits-of-baking-for-others>.
90. <https://www.guideposts.org/better-living/positive-living/emotional-and-mental-health/the-psychological-benefits-of-baking-for-others>.
91. https://www.huffpost.com/entry/baking-for-others-psychology_n_58dd0b85e4b0e6ac7092aaf8?ncid=APPLENEWS00001.
92. <https://www.linkedin.com/pulse/theres-limit-your-creativity-definition-either-judy-pindroh-pretto/>.
93. <https://www.nielsen.com/us/en/insights/news/2018/time-flies-us-adults-now-spend-nearly-half-a-day-interacting-with-media.html>.
94. Adam Gazzaley, Larry D. Rosen, *The Distracted Mind: Ancient Brains in a High-Tech World* (Cambridge, MA: MIT Press, 2016), s. 123–126.
95. <https://www.psychologytoday.com/us/basics/attention>.
96. Daniel Goleman, Richard J. Davidson, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* (New York: Penguin, 2017).
97. Goleman, Davidson, *Altered Traits*, s. 138.

98. Gazzaley, Rosen, *The Distracted Mind*, s. 78.
99. <https://www.memory-key.com/research/news/how-cognitive-reserve-helps-protect-seniors-cognitive-decline> and <https://www.rd.com/health/wellness/how-the-brain-benefits-with-aging/>.
100. <https://www.nytimes.com/2019/03/26/smarter-living/stop-letting-modern-distractions-steal-your-attention.html>.
101. <https://www.apa.org/news/press/releases/2017/02/checking-devices>.
102. <https://www.nytimes.com/2019/03/26/smarter-living/stop-letting-modern-distractions-steal-your-attention.html>.
103. <https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>.
104. Marc G. Berman, John Jonides, and Stephen Kaplan, „The Cognitive Benefits of Interacting with Nature“, *Psychological Science* 19 (December 2008), s. 1207–1212.
105. <https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>.
106. <https://pubmed.ncbi.nlm.nih.gov/20074458/>.
107. Goleman, Davidson, *Altered Traits*, s. 251.
108. Tamtéž, s. 181.
109. <https://www.ncbi.nlm.nih.gov/pubmed/26445019> and <https://www.beingpatient.com/meditation-cognitive-decline/>.
110. *Katechismus katolické církve*, č. 2710, https://www.vatican.va/archive/ccc_css/archive/catechism/p4s1c3a1.htm.
111. Paul R. Dekar, *Thomas Merton: Twentieth-Century Wisdom for Twenty-First-Century Living* (Eugene, OR: Cascade Books, 2011), s. 108. <http://merton.org/ITMS/Annual/17/Dekar216-234.pdf>.
112. Thomas Merton, *New Seeds of Contemplation* (New Directions Publishing, 1972), s. 217 (česky *Nová semena kontemplace*, Barrister & Principal, 2019).

113. <https://emerj.com/ai-podcast-interviews/snuggle-up-with-technology-but-dont-leave-empathy-in-the-cold-a-conversation-with-dr-sherry-turkle/>.
114. <https://www.nytimes.com/2019/03/26/smarter-living/stop-letting-modern-distractions-steal-your-attention.html>.
115. <https://www.nytimes.com/2019/04/01/smarter-living/how-to-make-your-phone-limit-your-screen-time-for-you.html>.
116. <https://www.webmd.com/eye-health/news/20191216/do-blue-light-glasses-work>.
117. https://www.researchgate.net/publication/235340722_Multitasking_or_Continuous_Partial_Attention_A_Critical_Bottleneck_for_Digital_Natives.
118. <https://www.nytimes.com/2019/03/26/smarter-living/stop-letting-modern-distractions-steal-your-attention.html>.
119. Eric Weiner, *Man Seeks God: My Flirtations with the Divine* (New York: Hachette, 2011), s. 66.
120. Tara Parker-Pope, „How to Find a Hobby“, *New York Times*, <https://www.nytimes.com/guides/smarterliving/how-to-find-a-hobby>.
121. <https://onbeing.org/programs/stuart-brown-play-spirit-and-character/>.
122. Mihaly Csikszentmihalyi, *Flow: The Psychology of Optimal Experience* (New York: HarperCollins, 1990) (česky *Flow: O štěstí a smyslu života*, Portál, 2015).
123. <https://www.inc.com/geoffrey-james/your-first-cup-of-coffee-does-these-5-surprising-things-for-your-brain-each-every-day.html>.
124. <https://www.inc.com/geoffrey-james/your-first-cup-of-coffee-does-these-5-surprising-things-for-your-brain-each-every-day.html>.
125. <https://www.nytimes.com/2019/09/20/opinion/aging-marriage-autumn.html?searchResultPosition=1>.

126. <https://neurosciencenews.com/uneared-fun-psychology-6936/>.
127. <https://www.thehealthy.com/mental-health/benefits-of-hugging/>.
128. https://www.washingtonpost.com/national/health-science/how-casual-daily-interactions-protect-your-health/2018/07/06/fc62a468-4e33-11e8-84a0-458a1aa9ac0a_story.html.
129. <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>. Viz též Michelle Boston, „How Being Funny Changes Your Brain“, *USC News*, 24. února, 2017, <https://news.usc.edu/116675/studying-creativity-and-the-brain-is-no-joke/>.
130. Ramin Skibba, „Speaking Two Languages May Help the Aging Brain“, *Washington Post*, 8. prosince, 2018, https://www.washingtonpost.com/national/health-science/speaking-two-languages-may-help-the-aging-brain/2018/12/07/f93489c8-f8b0-11e8-8d64-4e79db33382f_story.html.
131. Kristophe Green, Dacher Keltner, „What Happens When We Reconnect with Nature“, The Greater Good Science Center at the University of California, Berkeley, 1. března, 2017, https://greatergood.berkeley.edu/article/item/what_happens_when_we_reconnect_with_nature. Viz též, Harvard Men's Health Watch, „Sour Mood Getting You Down? Get Back to Nature“, July 2018, <https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>.
132. Lawrence Robinson, Melinda Smith, MA, Jeanne Segal, Jennifer Shubin, „The Benefits of Play for Adults“, HelpGuide, červen 2019, <https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>.
133. „Want to Be More Productive in 2018? Take More Breaks“, MIT Sloan Executive Education Blog, 3. prosince, 2017, <https://executive.mit.edu/blog/want-to-be-more-productive-in-2018-take-more->

- breaks. Viz též, Meg Selig, „How Do Work Breaks Help Your Brain? 5 Surprising Answers“, Change Power (blog), *Psychology Today*, 18. dubna, 2017, <https://www.psychologytoday.com/us/blog/changepower/201704/how-do-work-breaks-help-your-brain-5-surprising-answers>.
134. Debbie Hampton, „The Neuroscience of How Affirmations Help Your Mental Health“, The Best Brain Possible (blog), 22. prosince, 2019, <https://thebestbrainpossible.com/affirmations-brain-depression-anxiety/>.
135. „Do Your Brain a Favor—Volunteer,“ Alzheimer Society Canada, 1. října, 2018, <https://alzheimer.ca/en/Home/About-dementia/Brain-health/Volunteering-tips>.
136. „Surprising Reasons to Get More Sleep,“ WebMD, 18. června, 2019, <https://www.webmd.com/sleep-disorders/benefits-sleep-more#1>.