

# Review of: "Evaluation of the Mindfulness-Based Wellbeing Enhancement Program: Effects on Wellbeing Outcomes"

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**Potential competing interests:** No potential competing interests to declare.

Very interesting work, well described, original and novel in terms of the course content, as it is not just another mindfulness course, but a programme focused on positive psychology and strengths.

It would be important to include a bigger sample as well as a control group, considering also a deeper history of information from participants.