

Review of: "Research Trends in Mindfulness for Adolescents: Based on CiteSpace Visualization Analysis"

Francesca Randazzo-Eisemann¹

¹ Universidad Nacional Autónoma de Honduras

Potential competing interests: No potential competing interests to declare.

This is an important contribution to the literary review of research carried out on meditation and accessible in Chinese and English. It demonstrates that there is not only interest in meditation applied to adolescents, but also proven effectiveness as an emotional regulator, among other uses. This is an important article to show the value of action and research on meditation for specific groups.