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Self-compassionate young adults show lower salivary alpha-amylase responses to repeated psychosocial stress

Juliana G. Breines, Christine M. McInnis, Yuliya I. Kuras, Myriam V. Thoma, Danielle Gianferante, Luke Hanlin, Xuejie Chen, and Nicolas Rohleder

Department of Psychology and Volen National Center for Complex Systems, Brandeis