Mindfulness and Managing Suffering: Addiction, Chronic Pain, and Terminal Illness. Using the sources above and the files given: 1) Paragraph 1+: Referencing Sarah Elizabeth Gilbert's dissertation research. Briefly explain the researcher's approach to using mindfulness with substance abusers. Was this approach successful? Why or why not? 2) Paragraph 2+: Referencing the video "Mindfulness Exercise for Chronic Pain" Compare your experience with mindfulness practices thus far this semester with the approach the psychotherapist took to helping the individual with chronic pain. Do you think this would be effective for you? Why or why not? 3) Paragraph 3+: Referencing "The Benefit of Mindfulness-based Stress Reduction to Patients with Terminal Cancer" What is the primary tactic of utilizing MBSR in working with individuals who are terminally ill? Describe at least one reason that research is challenging with terminally ill patients. 4) Paragraph 4+: To complete your response, compare and contrast the populations considered in this week's content those who suffer from addiction those who suffer from pain/chronic pain the terminally ill by answering the following question. Is mindfulness something you would recommend versus more traditional treatments for any/all of these populations? Your answer should be more than a yes/no--provide explanation and justification for your answer(s). https://utk.primo.exlibrisgroup.com/permalink/01UTN\_KNOXVILLE/bcmt7h/alma9925988670002311 https://www.psychotherapy.net/stream/UTK/video?vid=434