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Intuition

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byupsychjournal@gmail.com

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byupsychjournal@gmail.com

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A Note From The Editors

Psychology is so much more than just how the mind works. The psychological umbrella covers different theories, ideas, and therapies; it reaches out in a never-ending attempt to understand people in business, at home, at school, when they are alone, and when they're together.

Volume 11, issue 2 of *Intuition: Brigham Young University Undergraduate Journal of Psychology* shows the variety of psychology exceptionally well. As you read through the issue you'll learn about how company mergers affect employee happiness (Olive) and about which mindfulness-based therapies are most effective (Brimhall). Continue reading and you'll find out how beneficial touchscreen apps are for preschoolers (Andersen) and about how sleep quality is related to stress and eating disorders (Vallejo). Additionally, this issue also explores: the significant difference between student motivation in traditional and Montessori classrooms (Hale); the underlying principles of cognitive interventions that successfully reduce the effects of ego-depletion (Iglesias); the analysis of conflict between homosexuality and religion (Papa); the positive effects of combining spirituality with psychotherapy (Brown); and the increased occurrence of eating-disorder symptomatology in female, type 1 diabetic populations (Ludlow).

We understand that the publication of a journal like *Intuition* is not an isolated process, and so we say thank you to each of the authors and editors for their time and effort to make this issue of *Intuition* a reality. We also say thank you to each of our generous faculty reviewers for taking the time from busy schedules to edit for us—Professors Patrick Steffen, Brock Kirwan, Terry Seamons, Tonya Miller, Wendy Birmingham, and Sam Hardy. Our last and biggest thank-you goes to Professor Hal Miller for his invaluable guidance as *Intuition's* advisor; without Dr. Miller, *Intuition* would not be where it is today.

Without further ado, we present volume 11, issue 2 of *Intuition*. We hope you enjoy it.

-- Holden Brimhall and Alyson Ludlow