Correction to: Heart Rate Variability Biofeedback Improves Emotional and Physical Health and Performance: A Systematic Review and Meta Analysis

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The original version of this article unfortunately did not include one author in the author group.

The author Phillip Sgobba affiliated with University of South Florida Morasani College of Medicine, Tampa, FL 33612, USA should be included as the seventh author of the article.

The original article has been corrected.

The original article can be found online at <https://doi.org/10.1007/s10484-020-09466-z>.

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