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# Mindfulness

25th ANNIVERSARY EDITION

Ellen J. Langer

WITH A NEW PREFACE BY THE AUTHOR

9780805080811

# Mindfulness 25th Anniversary Edition

**Helene Sætersdal, Jon-Arild  
Johannessen**



## **Mindfulness 25th Anniversary Edition:**

**Mindfulness (25th anniversary edition)** Ellen J. Langer, 2014-10-14 The revolutionary book that showed how mindfulness can be applied to every aspect of our lives The highly innovative findings of social psychologist Dr Ellen J Langer and her team of researchers at Harvard introduced a unique concept of mindfulness adapted to contemporary life in the West Langer s theory has been applied to a wide number of fields including health business aging social justice and learning There is now a new psychological assessment based on her work called the Langer Mindfulness Scale In her introduction to this 25th anniversary edition Dr Langer now known as the Mother of Mindfulness outlines some of these exciting applications and suggests those still to come *Mindfulness, 25th anniversary edition* Ellen J. Langer, 2014-10-14 The revolutionary book that showed how mindfulness can be applied to every aspect of our lives The highly innovative findings of social psychologist Dr Ellen J Langer and her team of researchers at Harvard introduced a unique concept of mindfulness adapted to contemporary life in the West Langer s theory has been applied to a wide number of fields including health business aging social justice and learning There is now a new psychological assessment based on her work called the Langer Mindfulness Scale In her introduction to this 25th anniversary edition Dr Langer now known as the Mother of Mindfulness outlines some of these exciting applications and suggests those still to come Mindfulness in Good Lives Mike W. Martin, 2019-10-23 Mindfulness is celebrated everywhere especially in health psychology and spiritual practices but also in the arts business education environmentalism sports and the use of digital devices While the current mindfulness movement may be in part the latest fad in a narcissistic and therapeutic culture it is also worthy of greater philosophical attention As a study in ethics and moral psychology Mindfulness in Good Lives remedies the neglect of this subject within philosophy Mike W Martin makes sense of the striking variety of concepts of mindfulness by connecting them to the core idea of value based mindfulness paying attention to what matters in light of relevant values When the values are sound mindfulness is a virtue that helps implement the kaleidoscope of values in good lives Health psychologists who currently dominate the study of mindfulness often present their research as value neutral science Yet they invariably presuppose moral values that should be made transparent These values which lie at the interface of morality and mental health form bridges between philosophy and psychology and between literature and spirituality **Working with Mindfulness** Michael Sinclair, Josie Seydel, 2016-05-23 Working with Mindfulness will show you how to apply the transformative power of mindfulness to your busy working life With simple time effective tools and practices you ll discover how to Improve your resilience whilst reducing stress Increase your productivity performance and efficiency Enhance your decision making problem solving delegating and prioritising skills Develop healthy working relationships with colleagues and clients Based on the groundbreaking science of mindfulness and explained by two eminent Psychologists you ll discover how mindfulness can help you create a healthy working life and boost your confidence to excel in business Be calm be focused be mindful The full text downloaded to your computer With eBooks you can search

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**Bringing Mindfulness to Your Workplace** Jenny Wang & Juliet Adams,2014-08-02 Has your mind ever wandered during a meeting Would you like to reduce stress and improve focus among your employees Mindfulness training can help Companies such as Google General Mills and the Huffington Post have implemented mindfulness programs and have experienced significant positive results Bringing Mindfulness to Your Workplace by Jenny Wang and Juliet Adams discusses some of the benefits of mindfulness and offers four steps to launching a mindfulness training program for your employees In this issue of TD at Work you will find a definition of mindfulness and how it differs from mindlessness examples of mindfulness activities appropriate for the workplace descriptions of well established mindfulness teaching approaches research findings related to mindfulness a task list for developing your own pilot program questions to ask potential training providers

*The Mindful Librarian* Richard Moniz,Joe Eshleman,Jo Henry,Howard Slutzky,Lisa Moniz,2015-11-26 The Mindful Librarian Connecting the Practice of Mindfulness to Librarianship explores mindfulness approaching it in such a way as to relate specifically to the many roles or challenges librarians face Coinciding with the increased need to juggle a variety of tasks technologies ebooks and databases the new Association of College it has been connected to various religious traditions in a wide variety of ways for centuries most notably Buddhism In the latter part of the 20th century however a secular version was popularized largely by the work of Jon Kabat Zinn and his work on MBSR Mindfulness Based Stress Reduction at the University of Massachusetts s Medical School The medical benefits and the overall quality of life improvements from its adoption have exploded in recent years in particular the last two decades which have seen mindfulness traditions incorporated into education to a greater degree and with very positive results Presents the only current LIS book that covers this topic in a way that applies directly to librarians Provides a topic that will be appealing to librarians as it speaks to the pressures of budget cuts and consumer culture being felt across the academy Seeks to improve the joy and quality of life that librarians and library science students experience in their personal lives and jobs

**Mindful Educational Leadership** Sharon D. Kruse,2023-06-14 Mindful Educational Leadership unpacks the literature of mindfulness as it applies to K12 school leadership Crossing disciplinary and theoretical boundaries scholar and mindfulness coach Sharon Kruse explores mindfulness in three complementary research and philosophical traditions contemplative cognitive and organizational and applies it to school leadership This book explores how these perspectives complement and inform each other and the ways in which understanding each can inform decision making school community engagement and responsiveness and advancing equity in school organizations Full of authentic examples stories and models of mindful

leadership from real educators this volume helps readers become more mindful and effective in their practice An exciting resource for aspiring educational leaders each chapter also includes supporting resources for study practice and reflection on key concepts

**Creative Mindfulness Techniques for Clinical Trauma Work** Corinna M. Costello, 2021-09-09 Using evidence based creative mindfulness techniques CMT this book acts as a useful guide for clinical mental health practitioners seeking to build resilience levels in clients recovering from trauma It examines the effectiveness of the CMT approach providing applicable art therapy techniques to enhance the therapist s toolbox for clinical effectiveness Combining a psychodynamic and neurobiological clinical lens this book helps practitioners recognize and utilize creativity in dealing with trauma exposure its cultural considerations and its consequences on the individual family and the system It also provides insights into the neurophysiological impact of mindfulness techniques on the brain Chapters explore the clinician s role in the treatment of trauma wellness and the building of resiliency creativity and alternative approaches to changing neural pathways positive psychology and more A collection of narrative case studies and guidance for specific activities to be used with diverse clients ensures easy practical usage of the theories explored Clinical mental health practitioners who work with clients suffering from PTSD clinical trauma stress and anxiety will find this book essential Readers may also be interested in *Healing from Clinical Trauma Using Creative Mindfulness Techniques A Workbook of Tools and Applications* which can be used on its own or as a companion to this book

*Handbook of Research on Clinical Applications of Meditation and Mindfulness-Based Interventions in Mental Health* Gupta, Sanjeev Kumar, 2021-08-27 Mental health has been a growing concern in society but recently has further come to light due to the COVID 19 pandemic and its effects on societal well being With mental health issues such as depression on the rise professionals need to implement new techniques that are effective in reducing psychological problems and enhancing psychological well being The integration of meditation and mindfulness techniques presents new methods for providing psychological intervention to alleviate psychological distress Clinical Applications of Meditation and Mindfulness Based Interventions in Mental Health presents mindfulness based interventions in clinical and non clinical conditions This book disseminates evidence based practices in the area of meditation and mindfulness to mental health professionals for the advancement of the mental health discipline and the benefit of students and trainees Covering topics including mindful parenting mediation trauma informed work and psychological trauma recovery this book is essential for mental health practitioners therapists psychologists counselors meditation specialists professionals students researchers and academicians

Mindful Medical Practitioners Patricia Lynn Dobkin, PhD, Craig Stephen Hassed, 2016-05-06 Following up on *Mindful Medical Practice* this book describes in detail how mindfulness is being taught to medical students residents practicing physicians and allied health care professionals Steps to set up and integrate programs into curricula are featured and educators questions concerning practical aspects of doing this work are addressed The argument on how to promote the kinds of leadership and cultural changes necessary are also discussed along with the

many challenges facing health professionals in multiple settings Mindful Medical Practitioners is an invaluable resource that raises interest provides a rationale and details how to integrate mindfulness into clinical work and serves as a guide for those qualified to teach it

**Critical Mindfulness** Sayyed Mohsen Fatemi, 2016-08-02 Expanding on the trailblazing ideas of Ellen Langer this provocative volume explores the implications of critical mindfulness for making psychology more responsive and its practice more meaningful Powerful critiques take the discipline to task for positioning therapists as experts over their clients and focusing on outcomes to the detriment of therapeutic process Contributors use the principles of Langerian mindfulness to inform self understanding and relationships areas such as athletic performance and consumer decision making and basic and complex forms of cognitive engagement The mindfulness demonstrated here is not only critical but also creative inclusive and humane with the potential to transform the consciousness of psychology and other mind based fields Included in the coverage Critical mindfulness of psychology s mindlessness The construct of mindfulness amidst and along conceptions of rationality Understanding confidence its roots and role in performance Mindfulness in action the emergence of distinctive thought and behavior Langerian mindfulness and optimal sport performance Health and the psychology of possibility Critical Mindfulness is bracing and insightful reading for undergraduate and graduate students psychologists psychiatrists physicians clinicians neurologists and educators within and outside positive psychology These pages challenge the wider community of professionals to rethink their perspectives on practice as well as their long held tenets of living

**Going on a Meditation Retreat** Frits Koster, Jetty Heynekamp, Victoria Norton, 2025-04-11 This book provides a straightforward accessible guide to going on a silent meditation retreat Written by experienced retreat facilitators this book presents a mix of Buddhist wisdom insights from modern psychology and mindfulness research and personal accounts from meditators who have attended retreats with them in the last 30 years The chapters provide advice on preparing for the retreat such as booking and what to pack and offer practical day to day guidance about how to sit whilst being kind to knee back or other physical issues There is detailed information about how to work compassionately with the difficult thoughts or emotions and other challenges participants typically encounter on this kind of more intensive meditation programme as well as how to cultivate joy gratitude compassion and balance The focus is on in person retreats but this book also offers some guidance for teaching and participating in online home retreats a new development which has emerged from the COVID 19 pandemic and lockdowns This book is an invaluable resource for anyone considering going on a silent meditation retreat to step out of the often frantic and overwhelming round of day to day activity and find space for reflection It will also be of use to mindfulness teachers or trainees who are required to go on retreat for qualification purposes and to current or trainee retreat facilitators

*Pain Control, An Issue of Hematology/Oncology Clinics of North America* Janet L. Abrahm, 2018-05-14 This issue of Hematology Oncology Clinics edited by Dr Janet Abrahm focuses on Pain Control Topics include but are not limited to Complex pain assessment Evidence based non pharmacologic therapies Non opioid

pharmacologic therapies Opioid caveats newer agents and prevention management of side effects and of aberrant use Cancer pain syndromes Agents for neuropathic pain RX Mechanism of and Adjuvants for bone pain Interventional anesthetic methods Radiation therapy methods Rehabilitation methods Psychological treatment Spiritual considerations Pain in patients with SS diseases and Pain in HSCT patients      **Science, Technology, and Virtues** Emanuele Ratti, Thomas A. Stapleford, 2021 Science Technology and Virtues gathers a diversity of perspectives to show how concepts of virtue can help us better understand construct and use the products of modern science and technology      **The Future of HR** Helene Sætersdal, Jon-Arild Johannessen, 2019-08-26 HR departments are in transition From 1980 to today HR management has shifted into a strategic function of the company and digitalisation is at the centre of the modern workplace For people to keep up with technology HR management must evolve to embrace these changes      **The varieties of contemplative experiences and practices** Sucharit Katyal, Sisir Roy, Philippe R. Goldin, Anna-Lena Lumma, 2023-07-05      *Reimagining School Leadership* David E. DeMatthews, Sharon D. Kruse, 2024-10-30 Reimagining School Leadership critically analyzes the current conceptions of school leadership and school improvement consider historical and contemporary problems confronting school leaders and presents new ways to reimagine school leadership with an emphasis on sustainability learning and inclusivity      *Distracted* James M. Lang, 2020-10-20 Keeping students focused can be difficult in a world filled with distractions which is why a renowned educator created a scientific solution to one of every teacher s biggest problems Why is it so hard to get students to pay attention Conventional wisdom blames iPhones insisting that access to technology has ruined students ability to focus The logical response is to ban electronics in class But acclaimed educator James M Lang argues that this solution obscures a deeper problem how we teach is often at odds with how students learn Classrooms are designed to force students into long periods of intense focus but emerging science reveals that the brain is wired for distraction We learn best when able to actively seek and synthesize new information In *Distracted* Lang rethinks the practice of teaching revealing how educators can structure their classrooms less as distraction free zones and more as environments where they can actively cultivate their students attention Brimming with ideas and grounded in new research *Distracted* offers an innovative plan for the most important lesson of all how to learn      **The Buddha Was a Psychologist** Arnold Kozak, 2021-05-07 In *The Buddha Was a Psychologist* A Rational Approach to Buddhist Teachings Arnold Kozak argues for a secular and psychological interpretation of the Buddha s wisdom with a particular focus on his mind model and use of metaphor Kozak closely examines the Buddha s hagiography analyzing Buddhist dharma through the contexts of neuroscience cognitive linguistics and evolutionary psychology      *Being Present* David Kundtz, 2015-11-01 This is a simple book meant to make your life more peaceful more rewarding and more awakened It has one purpose to give readers an opportunity to be in the moment once a day every day *Being Present* is Paying full attention to what is going on right now Staying in the moment Observing what is without criticism or judgment Balanced concern for things exactly as they

areAccepting whatever experience we are havingHaving an awake participation in ongoing life Longtime therapist and meditator David Kundtz gives you permission not to fret about whether you re getting your meditation practice right or not It s right The whole purpose of your meditation is to show up as awake and aware as possible to your everyday life He reminds us that the reason to meditate is not simply to experience the peaceful moments of the meditation time but also to maintain the focus awareness and equanimity that you need for getting through stressful situations You become a more mindful person In Being Present Kundtz guides us through the seasons of a year and the seasons of a life drawing inspiration from poets and scientists spiritual teachers and children butterflies and big cities Each day is a surprise that helps readers to find their own moments in surprising ways

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