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"Stretches our minds in startling new directions." — Howard Gardner

# Mindfulness

25th ANNIVERSARY EDITION

Ellen J. Langer

WITH A NEW FOREWORD

# Mindfulness 25th Anniversary Edition

**Katrin Zwirglmaier**

## **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.

*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.

**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.

**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

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*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

*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

Mindfulness Ellen J. Langer, 2025 In the years since it was first published this influential book based on the highly innovative findings of social psychologist Dr Ellen J Langer and her team of researchers at Harvard made its mark for its unique concept of mindfulness thoroughly adapted to contemporary life in the West Langer's theory has been applied to a wide number of fields including health business aging prejudice and learning There is now a new psychological assessment

based on her work called the Langer Mindfulness Scale as well as an institute in Mexico founded to apply the concepts of mindfulness to health and wellness In her introduction to this 25th anniversary edition Dr Langer outlines some of these exciting applications and suggests those still to come

### **All the Leader You Can Be: The Science of Achieving**

**Extraordinary Executive Presence** Suzanne Bates,2016-03-04 The book that cracks the code on executive presence what it is why it matters and how you can achieve it You know it when you see it That rare combination of qualities that makes a truly great leader Until now executive presence has been hard to define and even harder to develop But after years of extensive research executive coach and bestselling author Suzanne Bates and her team have identified the 15 traits you need to be all the leader you can be Using the research based scientifically grounded Bates Executive Presence Index Bates ExPITM you can assess your ability to influence results and maximize your impact scientifically and systematically With this proven approach you can Develop your presence in and out of the boardroom Engage inspire align and move others to act and succeed Strengthen teams drive change and lead with incredible confidence Make a real and lasting impact on your company your career and your life Bates groundbreaking approach to enhancing executive presence is not a one size fits all plan Since every leader is different the book shows you how to measure your individual qualities using a three dimensional model of your character substance and style You ll discover how perceptions of 15 distinct facets of your leadership style such as authenticity integrity composure vision and intentionality are proven to help you drive results You ll learn how to leverage your strengths improve your weaknesses and develop an executive presence that is uniquely your own Whether you re taking on a new executive position facing new and exciting challenges trying to build better and stronger team or developing new emerging leaders within your organization All the Leader You Can Be has all the guidance you need to achieve extraordinary executive presence

### **Buddhist Virtues for Socio-economic Development** ,2011

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**Wherever You Go, There You Are** Jon Kabat-Zinn,2023-12-05 Find quiet reflective moments in your life and reduce your stress levels drastically with this classic bestselling guide updated and featuring a new introduction and afterword When Wherever You Go There You Are was first published in 1994 no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 1 million copies to date Thirty years later Wherever You Go There You Are remains a foundational guide to mindfulness and meditation introducing readers to the practice and guiding them through the process The author of over half a dozen books on mindfulness Jon Kabat Zinn combines his research and medical background with his spiritual knowledge to help readers find peace and change their lives In this new edition readers will find a new introduction and afterword from Kabat Zinn as well as factual updates throughout to address changes in research

and knowledge since it was originally published After the special tumult of the last few years as well as the promise of more unrest in the future Wherever You Go There You Are serves as an anchor for a whole new generation of readers looking to find their center and achieve their true self     **The DVD-laser Disc Newsletter** ,2001

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