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Chapter 1 : The Wiley Blackwell Handbook of Mindfulness - Google Books

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars. Examines the origins and key theories of the two dominant Western approaches to mindfulness.

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Chapter 2 : The Wiley Blackwell Handbook of Mindfulness by Amanda Le

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars: Examines the origins and key theories of the two dominant Western approaches to mindfulness.

Langer Reviewed by Dr Alison Armstrong This edited two volume handbook is written by academics, for academics. It is probably not very accessible to the lay reader, and it is presenting theoretical and empirical ideas and research, rather than being of practical support to a mindfulness practitioner or teacher. Much less prevalent is the more standard definitions of mindfulness as put forward by Kabat-Zinn and Williams, and this is unusual in contemporary mindfulness writing. Mindfulness as a universal human capacity An orientation in the present An openness to novelty, and an alertness to distinctions A sensitivity to different contexts, and an awareness of multiple perspectives The other overarching feature of this handbook is that it also explicitly includes, compares and contrasts Eastern and Western definitions and perspectives of mindfulness. It does occasionally feel though as though an author has a deep understanding in either an Eastern or Western framework, and shoe-horns in a perspective of the other to suit the particular stance of these volumes. This is not necessarily problematic, but does at times result in a lack of flowing narrative. There is a strong thread throughout the handbook of mind-body connection. This is not new, but it is nice that it is so explicit and central to the discussion. This makes the book relevant to anyone interested in human functioning and reducing suffering. Most chapters feel newly written or conceptualised for this volume, and this is a key selling point. Many other edited volumes seem to simply bring together in one place many papers that are available elsewhere, and regurgitate existing research and views. Some chapters feel like that here, such as the rather over-done writing on Self-Determination Theory Ch. There is virtually nothing in the book on methodology. This is not strictly a problem, as it is not a book claiming to cover that, but it would be nice to see at least a nod towards exploring methodology, since this is crucial for being able to accurately interpret empirical results, which can only be as good as the research design. All of the editors are Harvard-based, and the high standard I expect from Harvard academics is reflected in the chapters. It is a slightly dominated by a North American perspective. There are five sections in the handbook which I will take in turn. Origins and Theory This section is excellent, and definitely worth reading if you have been confused about the different approaches to mindfulness and its application in the contemporary context. But the core concepts are presented clearly and with an openness to being inclusive of different perspectives. I particularly enjoyed the chapter on psychological paradigms. It steps out of being entrapped in categories within the discipline which itself would imply mindlessness! Consciousness, Cognition, and Emotion There are some excellent chapters in this section, which is unashamedly psychological in focus. Some highlights include breaking down into psychological terms the reasons why one of the core mindfulness practices is breath awareness. This information could be of immense help to new-comers to mindfulness, and also to teachers faced with the difficulty of encouraging students to continue practicing something that has little inherent interest. There are also chapters on how mindfulness works, drawing from a range of theoretical and empirical sources. In a rare moment of reductionism, deautomatisation is given in one as the key process, even though that itself is described as the combined effect of several other processes. There is a considerable amount written about the related concept of self-regulation. These are not new views, and much has previously been written on these, so it is perhaps a little disappointing that there is not more here that is novel. Some chapters whilst interesting, have only marginal links to mindfulness, e. And there is an interesting exploration of mindfulness and creativity, but that would sit more comfortably in the section on creativity. Leadership and Organisational Behaviour This is a relatively small section of the handbook, but nonetheless a valid and interesting one. I am not wholly convinced by the perspective on organisational rather than individual mindfulness, which feels like an approach to risk management, leadership, or resilience that has been called mindful to fit into the current

popularity of mindfulness Ch. This in fact is backed up in the very next chapter, where Langer herself is quoted as defining organisational mindfulness in terms of individual leaders being mindful themselves, and in promoting and harnessing mindfulness among their staff in a form of distributed mindfulness, rather than claiming an organisation itself can be mindful. This highlights perhaps, a slightly more sociological and cultural stance, which makes a refreshing change from the dominance of psychology. Possibly the best chapter in this section is titled Mindfulness at Work. A compelling case is made for bringing mindfulness into the workplace, which is possibly of most use and interest to mindfulness teachers who are trying to formulate the concrete benefits of mindfulness to individuals in language that might persuade HR staff to commission mindfulness interventions! There is a great chapter on Mindfulness in Law, but sadly it does feel out of place here, and would possibly be better in a volume dedicated to mindfulness within specific work contexts.

Health, Well-Being, and Performance This section is the largest in the book. There are some well-known contributors who do not really have anything new to share that is not written about in many other places such as Kristeller on mindful eating. And there are some topics very familiar to anyone who has done some reading on mindfulness, such as mindfulness for trauma, PTSD, and anxiety. Probably most interesting in this section is the new areas discussed for applying mindfulness; diabetes, and female sexual dysfunction are two examples. This chapter explores the effect of mind-set and the corresponding effect on stress, which opens to a discussion on employing a mindful strategy which includes acknowledging and welcoming stress. I was glad to see that there were several chapters devoted to mindfulness for healthcare staff. This is particularly important as many will be working in highly stressful situations, and there is strong need for self-care. Mindfulness also offers a more active engagement in the provision of healthcare, by encouraging empathy, active listening, and not being bound by diagnoses.

Education, Creativity, and Coaching This is a small section, and I would have loved to read more. This book is as important in contemporary education as it was when first published, and I was left wanting more in this section that would build on and reflect on the perspectives on learning and education offered in the book. Overall, I particularly recommend this handbook for anyone who is sceptical about mindfulness, or is fed up with it being cited as a cure for all ills. It is not a book trying to convince you to practice, or to convince you that mindfulness is a valid concept outside of its religious roots, or that it should be available in all workplaces and in all schools. Instead it is a balanced, well written and approachable presentation of a wide range of facets of mindfulness. Dr Alison Armstrong is a mindfulness facilitator and researcher. She offers mindfulness privately and to employees specifically for stress reduction, resilience, and greater well-being. She is currently writing a book on Coping and Resilience, based on her extensive research on the subject. Her PhD explored mindfulness in relation to sustainable consumption behaviours. Earlier in her career, she was an engineer working on fluid systems, and is a qualified yoga teacher.

May 25th, by WebTeam Leave a comment You must be logged in to post a comment.

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Chapter 3 : The Wiley Blackwell Handbook of Mindfulness : Jennifer Fulton :

*The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars: * Examines the origins and key theories of the two dominant Western approaches to mindfulness * Compares, contrasts, and integrates insights from the social psychological and Eastern-derived perspectives * Discusses the implications for.*

Popular Psychology Back cover copy The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars. The essays here examine the two dominant approaches to Western mindfulness--social psychological and Eastern-derived--in order to compare, contrast, and integrate insights from the two perspectives. The first essays cover the origins and key theories of both branches. The contributors then discuss the implications for mindfulness across a range of fields, including consciousness and cognition, education, creativity, leadership and organizational behavior, law, medical practice and therapy, well-being, and sports. They map out future directions for the study and application of mindfulness at the individual, interpersonal, and global level. Ambitious in scope and comprehensive in coverage, this handbook bridges disparate perspectives and disciplines for a complete examination of this growing practice and its potential to increase human health and wellbeing in the future.

Langer 2 Thriving With Uncertainty: Siegel and Madeleine W. Siegel 3 Eastern and Western Approaches to Mindfulness: Mooneyham, and Jonathan W. Scott Rigby, Patricia P. Schultz, and Richard M. Sanders, Amey Kulkarni, Wyatt C. Anderson, and Whitney L. Heppner 17 Answering Questions: Vannette and Jon A. Sutcliffe and Timothy J. Vogus 23 Mindfulness and Organizational Defenses: Riskin 27 Mindfulness in Law Scott L. Rogers show more Review quote Overall, the Handbook is comprehensive, exhaustive, and designed to promote the cultivation of thought to create flourishing and meaningful life p. Who could ask for more? Her research interests include thought suppression, intrusive thought contents, mindfulness, and multitasking. Her research explores the mindlessness of stereotyping, implicit social cognition, and face perception. Ellen Langer is Professor of Psychology at Harvard University and widely considered to be the mother of mindfulness. She is the recipient of four distinguished scientist awards, a Guggenheim Fellowship, among a host of other honors, and has authored over research articles on mindfulness and topics such as perceived control, aging, learning, and decision-making. Mindful Health and the Power of Possibility

Chapter 4 : The Wiley Blackwell handbook of mindfulness (Book,) [racedaydvl.com]

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars: Examines the origins and key theories of the two dominant Western approaches to mindfulness Compares, contrasts, and integrates insights from the social psychological and Eastern-derived.

Chapter 5 : The Wiley Blackwell Handbook of Mindfulness - Ebook pdf and epub

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars. Rating: (not yet rated) 0 with reviews - Be the first.

Chapter 6 : The Wiley-Blackwell handbook of mindfulness (Computer file,) [racedaydvl.com]

Outcome studies indicate that mindfulness-based interventions may be effective in the reduction of symptomatology for subclinical anxiety, generalized anxiety disorder, and social anxiety disorder, while outcome literature for other anxiety disorders is scarce to date.

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Chapter 7 : The Wiley Blackwell handbook of mindfulness in SearchWorks catalog

In this chapter, we review the ways in which mindfulness research relates to the social psychological study of attitudes and persuasion. First, we describe how persuasion effects can occur either.

Chapter 8 : The Wiley Blackwell Handbook of Mindfulness | Clinical Psychology | Psychology | Subjects | V

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Chapter 9 : The Wiley-Blackwell Handbook of Mindfulness

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars: Examines the origins and key theories of the two dominant Western approaches to mindfulness Compares, contrasts, and integrates insights from the social psychological and Eastern-derived perspectives Discusses the implications for mindfulness.