

Mindfulness Ellen J Langer

"While we have learned a great deal about mindfulness in the past 30 years, unquestionably the field of mindfulness science is still maturing, and in the chapters herein the authors have taken pains to point out how the current research is limited in its methods and conclusions, and have pointed to specific ways in which future research studies can overcome these limitations. That said, the work represented in this Handbook is among the best conducted to date, measured in terms of scientific creativity, sophistication, and insight. Our hope is that this volume offers readers both a panoramic view of the current science of mindfulness and a compass to help guide its ongoing evolution"--

Scientifically riveting and practically empowering, "Counterclockwise" offers a bold new way to think about aging and lifelong health from the trailblazing social psychologist and author of the bestselling classic "Mindfulness."

Radical in its implications, this original and important work may change forever the views we hold about the nature of learning. In *The Power of Mindful Learning*, Ellen Langer uses her innovative theory of mindfulness, introduced in her influential earlier book, to dramatically enhance the way we learn. In business, sports, laboratories, or at home, our learning is hobbled by certain antiquated and pervasive misconceptions. In this pithy, liberating, and delightful book she gives us a fresh, new view of learning in the broadest sense. Such familiar notions as delayed gratification, "the basics", or even "right answers", are all incapacitating myths which Langer explodes one by one. She replaces them with her concept of mindful or conditional learning which she demonstrates, with fascinating examples from her research, to be extraordinarily effective. Mindful learning takes place with an awareness of context and of the ever-changing nature of information. Learning without this awareness, as Langer shows convincingly, has severely limited uses and often sets on up for failure. With stunning applications to skills as diverse as paying attention, CPR, investment analysis, psychotherapy, or playing a musical instrument, *The Power of Mindful Learning* is for all who are curious and intellectually adventurous.

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 across a range of fields, including consciousness and cognition, education, creativity, leadership and organizational behavior, law, medical practice and therapy, well-being, and sports 2 Volumes

The Philosophy and Psychology of Ambivalence

Your Absolute, Quintessential, All You Wanted to Know, Complete Guide to Memory Mastery

Choice and Control in Everyday Life

Established and Emerging Issues

The Art of Noticing

Counterclockwise

American government is in the midst of a reputation crisis. An overwhelming majority of citizens—Republicans and Democrats alike—hold negative perceptions of the government and believe it is wasteful, inefficient, and doing a generally poor job managing public programs and providing public services. When social problems arise, Americans are therefore skeptical that the government has the ability to respond effectively. It's a serious problem, argues Amy E. Lerman, and it will not be a simple one to fix. With Good Enough for Government Work, Lerman uses surveys, experiments, and public opinion data to argue persuasively that the reputation of government is itself an impediment to government's ability to achieve the common good. In addition to improving its efficiency and effectiveness, government therefore has an equally critical task: countering the belief that the public sector is mired in incompetence. Lerman takes readers through the main challenges. Negative perceptions are highly resistant to change, she shows, because we tend to perceive the world in a way that confirms our negative stereotypes of government—even in the face of new information. Those who hold particularly negative perceptions also begin to "opt out" in favor of private alternatives, such as sending their children to private schools, living in gated communities, and refusing to participate in public health insurance programs. When sufficient numbers of people opt out of public services, the result can be a decline in the objective quality of public provision. In this way, citizens' beliefs about government can quickly become a self-fulfilling prophecy, with consequences for all. Lerman concludes with practical solutions for how the government might improve its reputation and roll back current efforts to eliminate or privatize even some of the most critical public services. A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field. Selections include: · Leading thinker Jon Kabat-Zinn on the essence of mindfulness, stress reduction, and positive change · Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing · Professor of psychiatry Daniel Siegel, MD, on how mindfulness benefits the brain · Physician and meditation teacher Jan Chozen Bays, MD, on how and why to practice mindful eating · Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease · Leadership coach Michael Carroll on practicing mindfulness at work · Psychologist Daniel Goleman on a mindful approach to shopping and consuming · Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety · and much more The Mindfulness Revolution also includes an in-depth discussion by writer-editor Barry Boyce about how mindfulness is being applied in a variety of professional fields—from health care to education, from performing arts to business—to improve effectiveness and enhance well-being. Learn more at www.mindful.org.

Contemplative pedagogy is a way for instructors to: empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding; help students to develop

sophisticated problem-solving skills; support students' sense of connection to and compassion for others; and engender inquiries into students' most profound questions. Contemplative practices are used in just about every discipline—from physics to economics to history—and are found in every type of institution. Each year more and more faculty, education reformers, and leaders of teaching and learning centers seek out best practices in contemplative teaching, and now can find them here, brought to you by two of the foremost leaders and innovators on the subject. This book presents background information and ideas for the practical application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts. Examples of contemplative techniques included in the book are mindfulness, meditation, yoga, deep listening, contemplative reading and writing, and pilgrimage, including site visits and field trips.

Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest growing branch of psychology, offering an optimal home for the research and application of mindfulness. As we contemplate mindfulness in the context of positive psychology, meaningful insights are being revealed in relation to our mental and physical health. The book features chapters from leading figures from mindfulness and positive psychology, offering an exciting combination of topics. Mindfulness is explored in relation to flow, meaning, parenthood, performance, sports, obesity, depression, pregnancy, spirituality, happiness, mortality, and many other ground-breaking topics. This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing.

Mindfulness in Positive Psychology will appeal to a readership of students and practitioners, as well as those interested in mindfulness, positive psychology, or other relevant areas such as education, healthcare, clinical psychology, counselling psychology, occupational psychology, and coaching. The book explores cutting edge theories, research, and practical exercises, which will be relevant to all people interested in this area, and particularly those who wish to enhance their wellbeing via mindfulness.

Mindful Learning

How to Age Well Into the Future

A Mindful Nation

New Approaches through Psychology and Textual Analysis of Pali, Chinese and Sanskrit Sources

The Psychology of Control

Confucius

'A book that analyzes what leadership really means and how it relates to power. It will be invaluable for both political and business leaders alike. Nye developed the concept of hard and soft power, and now he shows how best leaders use both in a smart way'. Walter Isaacson, President, The Aspen Institute

This volume brings together contributions from researchers who address crucial questions of developmental theory such as what are the highest stages of human development? Each chapter takes Piagetian theory as a point of departure and provides a more comprehensive vision of human development.

This digital collection, curated by Harvard Business Review, offers four books on the topic of emotional intelligence, found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership. In *Primal Leadership*, With a New Preface by the Authors, the authors show that great leaders excel not just through skill and smarts, but by connecting with others using emotional intelligence competencies like empathy and self-awareness. The best leaders are

"resonant" leaders—individuals who manage their own and others' emotions in ways that drive success. In *Resonant Leadership*, Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders and offer a field-tested framework for creating the resonance that fuels great leadership. And in *Becoming a Resonant Leader*,

Annie McKee, Richard Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Finally, HBR's 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence,

all of which will inspire you to monitor and channel your moods and emotions; make smart, empathetic people decisions; manage conflict and regulate emotions within your team; react to tough situations with resilience; better understand your strengths, weaknesses, needs, values, and goals; and develop emotional agility.

The benefits of mindfulness include better performance, heightened creativity, deeper self-awareness, and increased charisma—not to mention greater peace of mind. This book gives you practical steps for building a sense of presence into your daily work routine. It also explains the science behind mindfulness and why it works and gives clear-eyed warnings about the pitfalls of the fad. This volume includes the work of:

Daniel Goleman Ellen Langer Susan David Christina Congleton This collection of articles includes "Mindfulness in the Age of Complexity," an interview with Ellen Langer by Alison Beard; "Mindfulness Can Literally Change Your Brain," by Christina Congleton, Britta K. Hölzel, and Sara W. Lazar;

"How to Practice Mindfulness Throughout Your Work Day," by Rasmus Hougaard and Jacqueline Carter; "Resilience for the Rest of Us," by Daniel Goleman; "Emotional Agility: How Effective Leaders Manage Their Thoughts and Feelings," by Susan David and Christina Congleton; "Don't Let Power Corrupt You," by Dacher Keltner; "Mindfulness for People Who Are Too Busy to Meditate," by Maria Gonzalez; "Is

Something Lost When We Use Mindfulness as a Productivity Tool?" by Charlotte Lieberman; and "There Are Risks to Mindfulness at Work," by David Brendel. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Contemplative Practices in Higher Education

Critical Mindfulness

Motivating Humans

Motivating Humans

Perspectives on Adult Growth

How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit

Handbook of Mindfulness

The most complete and readable mindfulness primer for educators and anyone who works with high school kids and young adults. Mindfulness-based stress reduction (MBSR), as pioneered by Jon Kabat-Zinn and others, is now being successfully applied in myriad areas of human activity—most recently, education. It's no surprise that psychologists and educators have found that mindfulness-based practices improve attention and performance and reduce stress in the classroom and in other school-based activities. This book is a thorough yet readable introduction to mindfulness and its applications and a primer for educators on how it can be used with students, with numerous practical exercises. The authors cover such topics as • cultivating resilience and managing stress • emotional development • communication and relationships • mindful use of technology • mindfulness for enhancing creativity • mindfulness and sports • teaching with attention • working with resistance • managing personal stress in the classroom • and much more

This book identifies what is meant by sati (smṛti), usually translated as 'mindfulness', in early Buddhism, and examines its soteriological functions and its central role in the early Buddhist practice and philosophy. Using textual analysis and criticism, it takes new approaches to the subject through a comparative study of Buddhist texts in Pali, Chinese and Sanskrit. It also furnishes new perspectives on the ancient teaching by applying the findings in modern psychology. In contemporary Buddhism, the practice of mindfulness is zealously advocated by the Theravada tradition, which is the only early Buddhist school that still exists today. Through detailed analysis of Theravada's Pali Canon and the four Chinese Agamas - which correspond to the four main Nikayas in Pali and belong to some early schools that no longer exist - this book shows that mindfulness is not only limited to the role as a method of insight (vipassana) meditation, as presented by many Theravada advocates, but it also has a key role in serenity (samatha) meditation. It elucidates how mindfulness functions in the path to liberation from a psychological perspective, that is, how it helps to achieve an optimal cognitive capability and emotional state, and thereby enables one to attain the ultimate religious goal. Furthermore, the author argues that the well-known formula of ekaayano maggo, which is often interpreted as 'the only way', implies that the four satipa.t.thaanas (establishments of mindfulness) constitute a comprehensive path to liberation, and refer to the same as kaayagataa sati, which has long been understood as 'mindfulness of the body' by the tradition. The analysis shows that kaayagataa sati and the four satipa.t.thaanas are two different ways of formulating the teaching on mindfulness according to different schemes of classification of phenomena.

Thirty-four experts, including medical doctors, scientists, economists, engineers, demographers, philosophers and journalists provide diverse and often controversial perspectives on how to ensure that longevity -- the extension of our life expectancy -- becomes more rewarding than burdensome for individuals and society.

This volume is a comprehensive review of theoretical and empirical contributions to positive psychology. It provides a scientific understanding of how human strengths help people psychologically and physically, showing how stressful circumstances do not inexorably lead to negative prognoses. It examines how individuals confront challenges, appreciate others, and regard daily experiences as meaningful. Many of the chapters also challenge the negative, disease-model approach that dominates much of the research concerning health and well-being. Chapters also address applications and future directions for the field. The broad scope makes it a key resource for undergraduates, graduates, researchers, and practitioners in social, clinical, and positive psychology.

Discipline: The Brazelton Way, Second Edition

Theory, Research, and Practice

On Becoming an Artist

Mindfulness in Positive Psychology

Mindfulness

The Science of Meditation and Wellbeing

Incorporating the theoretical conceptualizations of Jon Kabat-Zinn and Ellen Langer, this volume illustrates how performers from a variety of disciplines - including sport, dance and music - can use mindfulness to achieve peak performance and improve personal well-being. Leading scholars in the field present cutting-edge research and outline their unique approach to mindfulness that is supported by both theory and practice. They provide an overview of current mindfulness-based manuals and programs used around the globe in countries such as the United States, China and Australia, exploring their effectiveness across cultures. Mindfulness and Performance will be a beneficial reference for practitioners, social and sport psychologists, coaches, athletes, teachers and students.

Argues that adopting the practice of meditation would yield benefits in the United States, including reinvigorating core American values and revitalizing communities.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 The effects of mindfulness and mindlessness are so common that few of us appreciate their importance or make use of their power to change our lives. Mindlessness and its counterpart, mindfulness, are the subjects of this book. #2 We all allow ourselves to become mindless at times. Some concert pianists memorize their music

away from the keyboard so as to avoid the predicament in which their fingers know the music but they do not. #3 Because rigidly following set rules and being mindful are by definition incompatible, this book will not offer prescriptions. Instead, it will explore the implications of these ideas in different fields.

Memory improvement & thinking techniques.

Create the Future You Want for Yourself and Others

A Proven Way to Think Yourself Younger and Healthier

Beliefs, Reasoning, and Decision Making

Goals, Emotions, and Personal Agency Beliefs

The Public Reputation Crisis in America (And What We Can Do to Fix It)

Being of Two Minds

Langer uses her original field research to show the impact of a person's sense of control on their mental and physical well being. The book begins by dealing with general issues, refining our concept of what a sense of control is, showing how it differs from power, choice, or ability to predict events. Chapters in the second section show how people lose and regain control in everyday life: asking a favour, taking precautions against burglary. The third section shows the effects that loss of control have on the elderly, and the benefits and adverse effects of treatments that increased their sense of control. 'This material can be strongly recommended to those who are involved in the management of the chronic sick, the elderly

This book collects original essays by top scholars that address questions about the nature, origins, and effects of ambivalence. While the nature of agency has received an enormous amount of attention, relatively little has been written about ambivalence or how it relates to topics such as agency, rationality, justification, knowledge, autonomy, self-governance, well-being, social cognition, and various other topics. Ambivalence presents unique questions related to many major philosophical debates. For example, it relates to debates about virtues, rationality, and decision-making, agency or authenticity, emotions, and social or political metacognition. It is also relevant to a variety of larger debates in philosophy and psychology, including nature vs. nature, objectivity vs. subjectivity, or nomothetic vs. idiographic. The essays in this book offer novel and wide-ranging perspectives on this emerging philosophical topic. They will be of interest to researchers and advanced students working in ethics, epistemology, philosophy of mind, philosophy of psychology, and social cognition.

World renowned pediatricians T. Berry Brazelton and Joshua Sparrow see discipline as a parent's gift to a child. By following the doctors' unique approach, which emphasizes teaching over punishment, parents will find effective solutions for common behavior problems. Not only will parents feel more confident and at ease but they will also experience the joy of raising children who learn to discipline themselves. The vital advice covers six stages of discipline, the power of consequences, ways to encourage moral development and empathy, dealing with misbehavior (from biting and fighting to cheating, lying and using foul language), and special disciplinary challenges (including academic pressure, illness, and digital technology).

"This book is the culmination of research on mindlessness and mindfulness conducted by Dr. Langer over the past 35 years. Each of the one-liners in this book has been derived from this research and paired together with original artwork created over the past 17 years"--Amazon.com

Reinventing Yourself Through Mindful Creativity

Prolific Moment

Good Enough for Government Work

The Power of Mindful Learning

Higher Stages of Human Development

***Neck and Back Pain *Migraines *Arthritis *Fibromyalgia*Chronic Fatigue *And Other Invisible Illnesses**

Charlene Tan's text offers a coherent account of Confucius' educational thought and its implications for the modern world. Arguing that Confucius is more than an ancient master who emphasised tradition, rote-learning and teacher-centredness, Tan portrays Confucius as a progressive educator who challenged the social norms of his time and transformed the nature of teaching and learning in China and beyond. Through a textual study of the Analects, this text provides a critical exposition of Confucius' work, particularly with respect to his interpretations of human beings' mission in life, potentials, relationships with one another, and educational process. Further highlighting the contemporary relevance of Confucius' work, the author offers a Confucian framework for 21st century education - one that harmonises modern knowledge and skills with universal values on shared humanity and loving others.

Draws on cutting-edge research and inspiring true stories about people who resolved to build better lives for themselves, their families and their communities in a guide based on the author's research about the psychology of hope that provides a scientifically based, customizable blueprint for meeting goals.

This volume provides a precise and comprehensive description of human motivation. Drawing on psychology, education and management, Ford integrates classic and contemporary motivation theory into a unified framework - Motivational Systems Theory - from which he derives 17 principles for motivating people. The book provides concrete examples throughout and includes a chapter on practical applications such as: promoting social responsibility in young people; increasing motivation for learning and school achievement; increasing work productivity and job satisfaction; and helping people lead emotionally healthy lives.

Ellen Langer uses her innovative theory of mindfulness, introduced in her influential earlier book, to dramatically enhance the way we learn.

The Mindfulness Revolution

Longevity Rules

Mindfulness-Based Techniques for Educators and Parents to Help Students

Positive Psychology

Coping with Chronic Illness

Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life

Ellen J. Langer, Harvard professor of psychology, determines that the mindless following of routine and other automatic behaviors lead to much error, pain and a predetermined course of life. In this thought-provoking book, her research has been "translated" for the lay reader. With anecdotes and metaphors, Langer explains how the mindless--as opposed to the mindful--develop mindsets of categories, associations, habits of thought born of

repetition in childhood and throughout schooling. To be mindful, she notes, stressing process over outcome, allows free rein to intuition and creativity, and opens us to new information and perspectives. Langer discusses the negative impact of mindsets on business and social relations, showing special concern for the elderly, who often suffer from learned helplessness and lack of options. Encouraging the application of mindfulness to health, the author affirms that placebos and alternative, mind-based therapies can help patients and addicts move from unhealthy to healthy contexts.

Mindfulness, 25th anniversary edition Da Capo Lifelong Books

Prolific Moment: Theory and Practice of Mindfulness for Writing foregrounds the present in all activities of composing, offering a new perspective on the rhetorical situation and the writing process. A focus on the present casts light on standard writing components—audience, invention, and revision—while bringing forth often overlooked nuances of the writing experience—intrapersonal rhetoric, the preverbal, and preconception. This pedagogy of mindful writing can alleviate the suffering of writing blocks that comes from mindless, future-oriented rhetorics. Much is lost with a misplaced present moment because students forfeit rewarding writing experiences for stress, frustration, boredom, fear, and shortchanged invention. Writing becomes a very different experience if students think of it more consistently as part of a discrete now. Peary examines mindfulness as a metacognitive practice and turns to foundational Buddhist concepts of no-self, emptiness, impermanence, and detachment for methods for observing the moment in the writing classroom. This volume is a fantastic resource for future and current instructors and scholars of composition, rhetoric, and writing studies.??

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.

Mindful Leadership: Emotional Intelligence Collection (4 Books)

Theory and Practice of Mindfulness for Writing

Secrets of Mind Power

Making Hope Happen

Summary of Ellen J. Langer's Mindfulness

Mindfulness (HBR Emotional Intelligence Series)

"A landmark work of social psychology" (Booklist) now in paperback at a popular price". . . . Harvard psychology professor Langer seeks to dramatize the rigid conditions and mindsets that often produce a pervasive state of automatized stupidity . . . (and) proposes a life-enhancing alternative".--Kirkus Reviews.

If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning psychologist Ellen Langer has studied this provocative question, and now, in *Counterclockwise*, she presents a conclusive answer: opening our minds to what's possible, instead of clinging to notions about what's not, can lead to better health - at any age. Drawing on landmark work in the field and her own body of colourful and highly original experiments, Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues. With only subtle shifts in our thinking, our language, and in our expectations, she tells us that we can begin to change the ingrained behaviour that sap health, optimism, and vitality from our lives. Immensely readable and truly fascinating, *Counterclockwise* offers a transformative and bold new paradigm: the psychology of possibility. A hopeful and groundbreaking book by an author who has changed how people all over the world think and feel. *Counterclockwise* is sure to become a standard source on new-century science and healing.

"All it takes to become an artist is to start doing art." –from *On Becoming an Artist* *On Becoming an Artist* is loaded with good news. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen J. Langer shows us that creativity is not a rare gift that only some special few are born with, but rather an integral part of everyone's makeup. All of us can express our creative impulses—authentically and uniquely—and, in the process, enrich our lives. Why then do so many of us merely dream of someday painting, someday writing, someday making music? Why do we think the same old thoughts, harbor the same old prejudices, stay stuck in the same old mud? Who taught us to think "inside the box"? No one is more qualified to answer these questions than Dr. Langer, who has explored their every facet for years. She describes dozens of fascinating experiments—her own and those of her colleagues—that are designed to study mindfulness and its relation to human creativity, and she shares the profound implications of the results—for our well-being, health, and happiness. Langer reveals myriad insights, among them: We think we should already know what only firsthand experience can teach us. . . . In learning the ways that all roses are alike, we risk becoming blind to their differences. . . . If we are mindfully creative, the circumstances of the moment will tell us what to do. . . . Those of us who are less evaluatively inclined experience less guilt, less regret, less blame, and tend to like ourselves more. . . . Uncertainty gives us the freedom to discover meaning. . . . Finally, what we think we're sure of may not even exist. With the skill of a gifted logician, Langer demonstrates exactly how we undervalue ourselves and undermine our creativity. By example, she persuades us to have faith in our creative works, not because someone else approves of them but because they're a true expression of ourselves. Her high-spirited, challenging book sparkles with wit and intelligence and inspires in us an infectious enthusiasm for our creations, our world, and ourselves. It can be of lifelong value to everyone who reads it.

Nearly 1 in 2 Americans suffer from some chronic condition—either an illness like fibromyalgia or conditions such as migraine headaches or chronic neck and back pain. With numbers like these, it's fair to say we have a health crisis on our hands. Respected therapist H. Norman Wright, along with Lynn Ellis, a researcher with firsthand experience with fibromyalgia, lupus, and chronic fatigue, shares practical, hopeful answers for those who suffer from what are often called "invisible illnesses." Readers will benefit

from realizing they are not alone even if others don't understand what they are experiencing. They will also find helpful ideas for managing relationships with their doctors and their families insight into God's perspective and caring for those who suffer practical ways to manage the stress, fear, and depression that often comes with chronic illness Coping with Chronic Illness is the perfect resource for those who struggle as well as for their families and friends, lay counselors, medical professionals, and pastors.

Psycho-Logic in Honor of Bob Abelson

Mindfulness and Performance

Exploring Langerian Models

Personal Politics: the Psychology of Making it

Mindfulness (25th anniversary edition)

It is not unusual for a festschrift to include offerings from several areas of study, but it is highly unusual for those areas to cross disciplinary lines. This book, in doing just that, is a testimony to Bob Abelson's impact on the disciplines of social psychology, artificial intelligence and cognitive science, and the applied areas of political psychology and decision-making. The contributors demonstrate that their association with Abelson, whether as students or colleagues, has resulted in an impressive intellectual cross-fertilization.

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 Early Buddhism

Powerful Methods to Transform Teaching and Learning

The Powers to Lead

The Wiley Blackwell Handbook of Mindfulness

Mindfulness, 25th anniversary edition