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“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. The Middle Way is the first teaching offered by the Buddha in his first address, and the basis of his practical method in meditation, ethics, and wisdom. It is often mentioned in connection with Buddhist teachings, yet the full case for its importance has not yet been made. This book aims to make that case. The development of mindfulness in the classroom arms children with life-long skills that support their current and future mental health and well-being. However, with an ever-growing curriculum, planning for yet another aspect within a school day can feel like an overwhelming task. This book provides teachers with quick, easy and simple ideas to support the development of mindfulness as an integrated part of the school day without compromising the everyday demands of the primary curriculum and the classroom. 100 Ideas for Primary Teachers: Mindfulness in the Classroom is filled with simple tried and tested activities that, when used in conjunction with each other in everyday practice, develop positive mental health skills for all children, including those with ADHD and Autism Spectrum Disorders. Argues that adopting the practice of meditation would yield benefits in the United States, including reinvigorating core American values and revitalizing communities. 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. A mathematical metaphor for the power teaching prototype,  $P=fm$  expresses interactive factors that might characterize 21st Education given President Obama's "Blueprint for Reform: Reauthorization of the Elementary and Secondary Schools Act." That is the more global perspective taken in this occasional paper. The factors become Ellen Langer's mindfulness theory, Harvard Project Zero Research Center's teaching for understanding framework, information literacy, and Howard Gardner's MI approach as well as his quintet of minds for the future. These factors interact to design and deliver student-centered instruction now and in the decade to come. On the local side, an ethnographic story explores the inquiry what counts as mindful learning? The story takes readers inside a future bent, writing/thinking intensive "Theories of Learning" seminar at Edward Waters College. Factors of the power-teaching prototype, thus, become contextualized in an exploration of mindful learning with students in real time. Based results from the Langer Mindfulness Scale, research papers on new paradigm perspectives about learning and GRE-like final written examinations, most students demonstrated mindful learning. (Contains 2 figures.). "Perhaps our real work, whether offering or seeking care, is to recognize that the healing relationship--the field upon which patient and practitioner meet--is, to use the words of the mythologist Joseph Campbell, a 'self-mirroring mystery'--the embodiment of a singular human activity that raises essential questions about self, other, and what it means to heal thy self." --Saki Santorelli Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Saki Santorelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship, so that both patients and caregivers begin to acknowledge that we are all wounded and we are all whole. His approach revolutionizes the dynamics of the patient/practitioner relationship. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each one of us. 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. 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. Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk. 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." "A departure at right angles to thinking in the modern Western world. An important, original work, that should get the widest possible hearing" (Iain McGilchrist, author of The Master and his Emissary) Middle Way Philosophy is not about compromise, but about the avoidance of dogma and the integration of conflicting assumptions. To rely on experience as our guide, we need to avoid the interpretation of experience through unnecessary dogmas. Drawing on a range of influences in Buddhist practice, Western philosophy and psychology, Middle Way Philosophy questions alike the assumptions of scientific naturalism, religious revelation and political absolutism, trying to separate what addresses experience in these doctrines from what is merely assumed. This Omnibus edition of Middle Way Philosophy includes all four of the volumes previously published separately: 1. The

Path of Objectivity, 2. The Integration of Desire, 3. The Integration of Meaning, and 4. The Integration of Belief. 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 This book provides researchers and professionals with an overview of the latest theory and empirical research on mindfulness in an organizational context. A fully revised and updated second edition, including new research and skills in the areas of trauma and compassion Disruptive behavior in the classroom, poor academic performance, and out-of-control emotions: if you work with adolescents, you are well-aware of the challenges this age group presents, as well as how much time can be lost on your lessons while dealing with this behavior. What if there was a way to calm these students down and arm them with the mindfulness skills needed to really excel in school and life? Written by mindfulness expert and licensed clinical psychologist Patricia C. Broderick, Learning to Breathe is a secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. Since its publication nearly a decade ago, the L2B program has transformed classrooms across the US, and has received praise from educators, parents, and mental health professionals alike. This fully revised and updated second edition offers the same powerful mindfulness interventions, and includes compelling new research and skills in the areas of trauma and compassion. The book integrates certain themes of mindfulness-based stress reduction (MBSR), developed by Jon Kabat-Zinn, into a program that is shorter, more accessible to students, and compatible with school curricula. This easy-to-use manual is designed to be used by teachers, but can also be used by any mental health provider teaching adolescents emotion regulation, stress reduction and mindfulness skills. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message: Body, Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits, and Empowerment. Learning to Breathe is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence. Make this new edition a part of your professional library today! Mindfulness is increasingly being used in educational environments as a proven way to help students: • learn more effectively • develop personally • enhance their physical and emotional health, and • deal with study and exam-related demands. Written by two leading experts with many years of personal and clinical experience, Mindful Learning provides practical insights and exercises on how to apply mindfulness in any educational setting. The result is a book that clearly sets out how you can: • manage stress • improve performance • enhance communication • develop more meaningful relationships • unlock creativity • improve mental flexibility and problem-solving ability, and • use technology wisely. Whatever your age, whatever your learning environment, mindfulness can make a positive difference, and Mindful Learning shows you how. In a world on fire with unprecedented possibility as well as peril, what kind of mind is needed in order to thrive and survive? How can education help develop human potential to be a match for this reality? The Integrative Mind radically updates the vision that we hold for education, the pedagogy that can help us achieve it, and the human consciousness that underlies it all. Consciousness and culture has been thrown out of balance by the neglect of key ways of meeting the world. The solution at the edge of this new episteme is not so much about what we know but instead about how we know. With practical applications and contemporary research, Tobin Hart shows that the way into the future requires a recalibration of mind. Hart explores five “missing minds”: contemplative, empathic, beautiful, embodied, and imaginative. These help open the aperture of consciousness enabling us to move, as Thomas Berry said, from seeing the world as a collection of objects to experiencing it as a communion of subjects. The result is an essential deepening of understanding and our humanity. In The Musician's Way, veteran performer and educator Gerald Klickstein combines the latest research with his 30 years of professional experience to provide aspiring musicians with a roadmap to artistic excellence. Part I, Artful Practice, describes strategies to interpret and memorize compositions, fuel motivation, collaborate, and more. Part II, Fearless Performance, lifts the lid on the hidden causes of nervousness and shows how musicians can become confident performers. Part III, Lifelong Creativity, surveys tactics to prevent music-related injuries and equips musicians to tap their own innate creativity. Written in a conversational style, The Musician's Way presents an inclusive system for all instrumentalists and vocalists to advance their musical abilities and succeed as performing artists. This handbook addresses the educational uses of mindfulness in schools. It summarizes the state of the science and describes current and emerging applications and challenges throughout the field. It explores mindfulness concepts in scientific, theoretical, and practical terms and examines training opportunities both as an aspect of teachers’ professional development and a means to enhance students’ social-emotional and academic skills. Chapters discuss mindfulness and contemplative pedagogy programs that have produced positive student outcomes, including stress relief, self-care, and improved classroom and institutional engagement. Featured topics include: A comprehensive view of mindfulness in the modern era. Contemplative education and the roots of resilience. Mindfulness practice and its effect on students’ social-emotional learning. A cognitive neuroscience perspective on mindfulness in education that addresses students’ academic and social skills development. Mindfulness training for teachers and administrators. Two universal mindfulness education programs for elementary and middle school students. The Handbook of Mindfulness in Education is a must-have resource for researchers, graduate students, clinicians, and practitioners in psychology, psychiatry, education, and medicine, as well as counseling, social work, and rehabilitation therapy. Pathology Illustrated presents both general and systematic pathology in a highly visual style. This format makes the essential information more accessible and memorable. "Be Mindful of Monsters" is an early reader based on concepts commonly used while preparing children to process trauma. It is a partnership between child therapist and author, Lauren Stockly, and her childhood friend and professional illustrator, Ellen Surrey. The book aims to help children work towards accepting uncomfortable emotions. The story of Ezzy, a highly relatable gender-neutral ten-year-old confronting emotional monsters, is designed to facilitate a range of approaches for therapists with the help of a workbook filled with unique interventions and ideas. Ellen Surrey's whimsical character designs and vibrant colors help bring Ezzy's story to life. We used to live in a knowledge economy. No longer. With the speed and scale of change in our world today, knowing is not enough: we must constantly be learning. In 10 Ways to Be a Better Learner, Jeff Cobb shows you how to take charge of your learning and turn the challenges of our hyper-connected, information-overloaded world into opportunities for growing and improving. Whether you are trying to advance in your career, or simply want to build new knowledge and skills to enrich your life, this is the book for you. Grounded in research, but practical in its application, 10 Ways to Be a Better Learner is a quick read that delivers high impact. About the Author: Jeff Cobb is the founder of the Mission to Learn blog, co-author of Shift Ed: A Call to Action for Transforming K-12 Education (Corwin, 2011) and author of the forthcoming Leading the Learning Revolution (AMACOM, 2012). "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"-- Memory improvement & thinking techniques. Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not self-criticism. See also The Mindful Path to Self-Compassion, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives. "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 Neuroscience tells us that the products of the mind--thought, emotions, artistic creation--are the result of the interactions of the biological brain with our senses and the physical world: in short, that thinking and learning are the products of a biological process. This realization, that learning actually alters the brain by changing the number and strength of synapses, offers a powerful foundation for rethinking teaching practice and one's philosophy of teaching. James Zull invites teachers in higher education or any other setting to accompany him in his exploration of what scientists can tell us about the brain and to discover how this knowledge can influence the practice of teaching. He describes the brain in clear non-technical language and an engaging conversational tone, highlighting its functions and parts and how they interact, and always relating them to the real world of the classroom and his own evolution as a teacher. "The Art of Changing the Brain" is grounded in the practicalities and challenges of creating effective opportunities for deep and lasting learning, and of dealing with students as unique learners. The ultimate guide to zero-waste and sustainable cookery, this book shows how to make use of every leftover, scrap and glut of vegan food in delicious, nutritious and inspiring ways. What is "compleating"? Completely eating every part of a fruit or vegetable! Plant-based diets are a wonderful way to protect the planet, but fruits and vegetables still have carbon footprints, and often the parts we throw away or compost are the most nutritious and delicious bits. Ellen Tout, sustainability expert and dedicated vegan, is passionate about maximizing the benefits of veganism, and through just a few simple tips, tricks and ingenious recipes she can revolutionize the way you cook. Transform banana skins into pulled "pork"; make amazing vegan butter from the liquid in a can of chickpeas; give new life to leftover wine by making your own vinegar; forget everything you knew about kiwi by whipping up a batch of "whole kiwi" salsa for tacos. Arranged alphabetically, not only does each section include internationally-inspired recipes, but also tried-and-tested, environmentally-friendly alternatives to household cleaning, beauty products, and pet food. Dye fabrics pink with avocado skins; or transform a coconut half into a houseplant pot. "Compleat recipes" show how to make dishes that use every part of the ingredient, such as Pumpkin Pie with Caramelized Seeds or Carrot Top Tabouleh, while techniques such as pickling, fermenting and off-cuts broths can save pretty much anything from the bin. Whether you're an experienced vegan cook, or just starting to explore plant-based eating, you're sure to find inspiration from this encyclopaedic guide. 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 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. In Love and Compassion, John P. Miller explores different forms of love, including self-love, the love of others, compassion, the love of learning, as well as nonviolence, and how they have the potential to improve education. Investigates the nature of the link between the nonmaterial mind to the material body, arguing that people do not have to accept preconceived notions about how health declines with age, and offering advice on how to open the mind to the psychology of possibility. 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 us 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. Publisher Description 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. Offering a comprehensive approach to literacy instruction by focusing on reading and writing, A Writer's Guide to Mindful Reading supports students as they become more reflective, deliberate, and mindful readers and writers by working within a metacognitive framework. The ability to pay attention is a key component of effective learning. Just think of all the times in your life when parents, teachers, bosses, and coaches have told you to pay attention to what you are doing. You would think that with all of the attention paid to paying attention, we would be pretty good at it. The problem is we're not, because most of us have never been taught how. Commonly adopted methods like forced concentration are actually counterproductive to learning and achieving our goals. In addition, too much focus on future goals and rewards takes our attention away from what we need to be doing in order to achieve them. Luckily, there is another way, a better way: the mindful way. The Mindful Way To Study: Dancing With Your Books is a guide to help students, professionals, and other lifelong learners develop a better approach to their educational and career pursuits. By using mindfulness, or the practice of bringing full awareness to the present moment, the authors blend the latest research with entertaining stories and specific techniques to teach readers how to truly pay attention, and even learn to enjoy it.

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- [Mindfulness HBR Emotional Intelligence Series](#)
- [Counterclockwise](#)
- [The Wiley Blackwell Handbook Of Mindfulness](#)

- [Mindful Learning](#)
- [On Becoming An Artist](#)
- [The Art Of Noticing](#)
- [Mindfulness In Organizations](#)
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