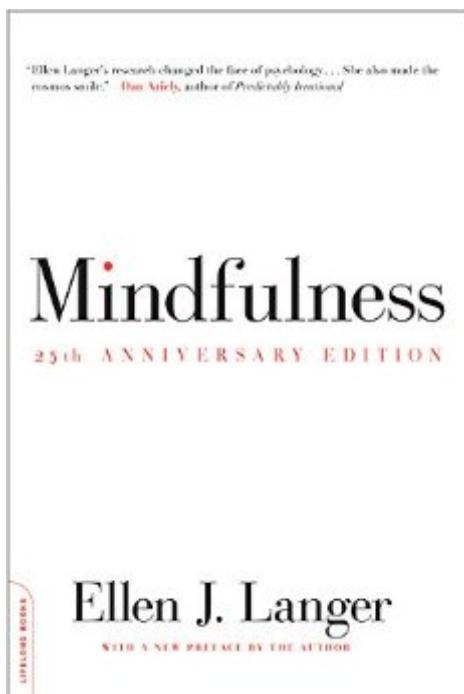


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Mindfulness, 25th Anniversary Edition (A Merloyd Lawrence Book)



Synopsis

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.

Book Information

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Customer Reviews

Michael Hogan, National University of Ireland, Galway: michael.hogan@nuigalway.ie This review is based on my reading of all 4 of Ellen's books, which I was inspired to read after meeting Ellen in Harvard recently.--Ellen Langer is one of the most vivacious women I have ever met. Upon arriving to meet her in Harvard's William James Hall, I was actually extremely ill, but mindlessly ignoring the symptoms. The painful and yet irrelevant swelling in my right leg and the weak and feverish state that led me to sleep through a very stimulating lecture by Daniel Dennett, was in fact a serious blood infection that would later result in my hospitalization. Little did I know that my conversation with Ellen Langer would be the thing that completely transformed my hospital experience from a potentially

stressful, painful nuisance into a very interesting and rewarding experience. And notwithstanding the fact that I could hardly talk, in our short walk from Ellen's office to the Harvard clinic (where Ellen was going to get a cut in her hand seen to, the cause of which she transformed into a very interesting story) we designed three experiments and I experienced firsthand, *in vivo*, decades of research on social and developmental psychology, and on mindfulness, creativity and decision-making. To understand the transformative power of Ellen Langer's perspective, and to better understand her creative action, I believe it is useful to experience firsthand her version of mindfulness -- the act of noticing new things -- which is actually very easy to practice, if for no other reason than it energizes and engages us and opens us to new possibilities.

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