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# MIND- FULNESS

ELLEN J. LANGER

# Mindfulness Ellen J Langer Diandongore

**SA Adler**



## **Mindfulness Ellen J Langer Diandongore:**

Mindfulness: Das Prinzip Achtsamkeit Ellen J. Langer, 2015-02-19      **Perennial Philosophy** Arthur Versluis, Associate Professor of American Thought and Language Arthur Versluis, 2015-10-01 In this lucid explanation of perennial philosophy Arthur Versluis reveals this tradition so often described as esoteric and inaccessible to be closer to our interests and experience than many of us have realized Versluis has distilled an immense amount of scholarship into this small volume but its brevity is deceiving Like the culmination to any alchemical work *Perennial Philosophy* is a powerful tincture that once imbibed transports receptive readers to a world in which they are part of a spiritual hierarchy that links heaven to earth Arthur Versluis has distilled an immense amount of scholarship to produce a disarmingly accessible lucid and deeply penetrating study of the great philosophic traditions that underlie Western culture Versluis concisely explains what perennial philosophy is and what it isn't The clarity of his prose makes this deep book a pleasure to read A remarkable achievement Gregory Shaw author of *Theurgy and the Soul: The Neoplatonism of Iamblichus* *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      **Summary of Ellen J. Langer's Mindfulness** Everest Media, 2022-06-10T22:59:00Z 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      **Mindfulness** Ellen J. Langer, 1991

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