The Wiley Blackwell Handbook of Mindfulness
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DESCRIPTION

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

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Amanda Ie is a researcher in the Department of Psychology at Harvard University (PhD from Harvard University; BSc from Brown University). Her research interests include thought suppression, intrusive thought contents, mindfulness, and multitasking.

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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 200 research articles on mindfulness and topics such as perceived control, aging, learning, and decision-making. She is the author of 11 books, including *Mindfulness* (1990); *The Power of Mindful Learning* (1997); *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity* (2007); and most recently, *Counterclockwise: Mindful Health and the Power of Possibility* (2009).