



Mindfulness, 25th anniversary edition (A Merloyd Lawrence Book)

Ellen J. Langer

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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.

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Ken Martin:

A lot of people always spent their particular free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book Mindfulness, 25th anniversary edition (A Merloyd Lawrence Book) it is very good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book has high quality.

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