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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
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Editorial Review

Review

“Overall, the *Handbook* is comprehensive, exhaustive, and designed to promote the “cultivation of thought to create flourishing and meaningful life” (p. 1,127). Who could ask for more?” **PsycCritiques**, July 2015

From the Back Cover

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars. The essays here examine the two dominant approaches to Western mindfulness—social psychological and Eastern-derived—in order to compare, contrast, and integrate insights from the two perspectives. The first essays cover the origins and key theories of both branches. The contributors then discuss 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. They map out future directions for the study and application of mindfulness at the individual, interpersonal, and global level. Ambitious in scope and comprehensive in coverage, this handbook bridges disparate perspectives and disciplines for a complete examination of this growing practice and its potential to increase human health and wellbeing in the future.

About the Author

Amanda Le 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.

Christelle Ngnoumen is a doctoral student and researcher in the Department of Psychology at Harvard University (B.A. Brown University). Her research explores the mindlessness of stereotyping, implicit social cognition, and face perception.

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).

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