

Mindfulness Choice And Control In Everyday Life

Exhibition environments are enticingly complex spaces: as facilitators of experience; as free-choice learning contexts; as theaters of drama; as encyclopedic warehouses of cultural and natural heritage; as two-, three- and four-dimensional storytellers; as sites for self-actualizing leisure activity. But how much do we really know about the moment-by-moment transactions that comprise the intricate experiences of visitors? To strengthen the disciplinary knowledge base supporting exhibition design, we must understand more about what 'goes on' as people engage with the multifaceted communication environments that are contemporary exhibition spaces. The in-depth, visitor-centered research underlying this book offers nuanced understandings of the interface between visitors and exhibition environments. Analysis of visitors' meaning-making accounts shows that the visitor experience is contingent upon four processes: framing, resonating, channeling, and broadening. These processes are distinct, yet mutually influencing. Together they offer an evidence-based conceptual framework for understanding visitors in exhibition spaces. Museum educators, designers, interpreters, curators, researchers, and evaluators will find this framework of value in both daily practice and future planning. Designing for the Museum Visitor Experience provides museum professionals and academics with a fresh vocabulary for understanding what goes on as visitors wander around exhibitions.

Written by an experienced school and meditation teacher, this book is packed with tried and tested mindfulness exercises and relevant follow-up wellbeing, pastoral and academic activities for anyone working with young people. It includes discussions about education and wellbeing, anecdotes from real life experience and numerous testimonies from students and teachers, as well as easy to follow instructions and plenty of useful in-depth explanations. All activities in this book link to variety of school subjects, including science, maths, philosophy, music, art and sport. Divided into two parts, the book explores: What mindfulness and grounding are How mindfulness and grounding works at home, in daily life and in education How teachers can use mindfulness and grounding in the classroom and how parents can support mindfulness and grounding at home What effects can be expected from mindfulness meditation This book is an invaluable resource for secondary teachers, youth workers, therapists and parents and can be used in classrooms, pastoral offices, youth clubs or at home. Discover the proven classics of personal transformation and the books that have served as catalysts of change for millions.

Proper health education is a vital component to ensuring patients' satisfaction, safety, and well-being. To achieve this goal, interdisciplinary collaboration has emerged as an innovative method for promoting healthy living. Healthcare Community Synergism between Patients, Practitioners, and Researchers is an authoritative reference source for the latest scholarly research on the various collaborative efforts to improve the current state of health systems and patient education. Highlighting research methodologies aimed to enrich the quality of available information in healthcare environments, this book is ideally designed for medical professionals, educators, and researchers.

Mindfulness For Positive Change

Using Mindfulness to Improve Learning: 40 Meditation Exercises for School and Home

Mindfulness

Mindfulness for Preschool and Kindergarten

Theory, Research, and Practice in the First 50 Years

The Science of Meditation and Wellbeing

A storybook to help kids with ADHD practice mindfulness--for ages 4 to 8 Give kids the tools to stay mindful and in control with this unique choice in ADHD books for kids. Featuring three different tales, it follows a group of animal friends who experience some of the signs of ADHD on their adventures and explains the mindfulness activities and practice to stay confident and positive. This standout among ADHD books for kids includes: Questions and activities--Every story presents strategies for kids to try, like taking a deep breath, using their "puppy breath" when they're feeling anxious, and how to "wiggle and freeze" when their body is full of excitement. Kids and parents--Whether you can read this book by themselves or prefer it read aloud, grown-ups can get involved by encouraging kids to practice the mindfulness activities they learn. Familiar friends will see themselves in these smart and talented animal characters who encounter challenges with socializing, staying focused, and understanding their feelings. Go beyond other ADHD books for kids with an interactive story that explores how mindfulness can help them thrive.

Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, The Mindfulness and Acceptance Workbook for Anxiety offers a new approach to your anxiety, fears, and your life. Within its 160 pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and stress. This book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and well-being called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your own capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what you want.

matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to “turn off” anxious thoughts and feelings like a light switch. But you can learn to be free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that change. The skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

Mindfulness-Based Cognitive Therapy for Anxious Children offers a complete professional treatment program designed to help children ages nine through twelve who struggle with anxiety. This twelve-session protocol can be used to treat anxious children in group or individual therapy. The poems, stories, session summaries, and home practice activities on the enclosed CD-ROM supplement child therapy sessions and parent meetings to illuminate mindful awareness concepts and practices. In twelve simple sessions, children will learn new ways to relate to anxious thoughts and feelings and develop the ability to respond to life events with greater awareness and confidence. Help children manage the symptoms of all types of anxiety: •Panic disorder •Agoraphobia •Obsessive-compulsive disorder •Post-traumatic stress disorder •Generalized anxiety disorder •Social phobia •Specific phobias •Separation anxiety disorder •School refusal

Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is a growing branch of psychology, offering an optimal home for the research and application of mindfulness. As we contemplate mindfulness in the context of positive psychology, meaningful insights are being revealed in relation to our mental and physical health. The book features chapters from leading figures from mindfulness and positive psychology, offering an exciting combination of topics. Mindfulness is explored in relation to flow, meaning, parenthood, performance, sports, obesity, depression, pregnancy, spirituality, happiness, mortality, and many other ground-breaking topics. This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing. Mindfulness in Positive Psychology will appeal to a readership of students and practitioners, as well as those interested in mindfulness, positive psychology, or other related areas such as education, healthcare, clinical psychology, counselling psychology, occupational psychology, and coaching. The book explores cutting edge theories, research, and practical exercises, which will be relevant to all people interested in this area, and particularly those who wish to enhance their wellbeing via mindfulness.

Exploring Langerian Models

Hypnosis and Mindfulness Techniques for a Calm and Confident Birth

The Literature of Possibility

Neurobiology of Choice

Critical Mindfulness

Alternative Models of Addiction

Foundations, Research, and Applications

Mindful Choices for Well-Being offers a holistic, action-oriented process of choosing and creating well-being using proven methods for transformational change. The Shearers developed Mindful Choices Therapy during three decades of clinical practice. A cornerstone of their method is the systematic mastery of 10 interrelated Mindful Choices: Breath awareness and retraining Begin and end days peacefully Mindful eating Cultivating mindfulness Self-reflection Living your values Intentional relating Mindful movement Mindful Choices tools Self-acceptance & Self-compassion Their how-to manual for life planning features fictional characters going through real-life struggles and changes, providing examples of a powerful therapy that blends neuroscience, Buddhist psychology, contemplative traditions, and mindfulness-based behavioral therapies. The tools described in the book will help you move from a life of too much stress and anxiety (what the authors call “dis-ease”) to a life of well-being, balance, and a deep sense of purpose. Instead of acting on autopilot, falling back on habits learned over a lifetime, you can learn how to mindfully make clear choices aimed at creating the life you truly want. Mindful awareness is the starting point for making great choices. Mindful Choices Therapy provides the tools for transforming those great choices into powerful and effective habits.

Help your clients achieve exactly what they want when it comes to emotional eating ... you can eat to cope you can learn to use food on occasion to feel better you can feel in control (and have a treat) you don't have to feel bad or guilty about emotional eating you don't need to completely eliminate emotional eating to be healthy In his new book, Mindful Emotional Eating, psychologist Pavel Somov has given a “cultural permission” to eat emotionally -- with mindfulness-based tools to do so in moderation and without self-judgment and self-loathing. Somov proposes that emotional eating is a legitimate form of self-care and teaches clients and clinicians how to “leverage more coping per calorie.” Numerous original exercises and meditative techniques will guide a more conscious alliance with food during moments of emotional distress.

*No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels drastically—with this classic bestselling guide from a mindfulness expert. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists*

nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

This ground-breaking book explores the theoretical, clinical and training application of integrating mindfulness with all of the arts therapies, and includes cutting-edge contributions from neuroscience. Written by pioneers and leaders in the arts therapies and psychology fields, the book includes 6 sections that examine mindfulness and the arts therapies from different perspectives: 1) the history and roots of mindfulness in relation to spirituality, psychotherapy and the arts therapies; 2) the role of the expressive arts in cultivating mindful awareness; 3) innovative approaches that add mindfulness to the arts therapies; 4) arts therapies approaches that are inherently mindfulness-based; 5) mindfulness in the training and education of arts therapists; and 6) the neuroscience underlying mindfulness and the arts therapies. Contributors describe their pioneering work with diverse applications: people with cancer, trauma, chronic pain, substance abuse, severe mental illness, clients in private practice, adolescents at camp, training dance and art therapists, and more. This rich resource will inspire and rejuvenate all clinicians and educators.

Mindfulness Skills To Control Cravings, Eat in Moderation and Optimize Co

Choice and Control in Everyday Life

The Wiley Blackwell Handbook of Mindfulness

Wherever You Go, There You Are

Trauma-Informed Mindfulness

The Mindful Manifesto

50 Self-Help Classics

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth positive and empowered, before, during and after you give birth Reassuring, practical and based entirely on what works, Mindful Hypnobirthing is your essential guide to having a confident birth experience.

Trauma-Informed Mindfulness (TIM) was developed by British Psychologist Dr Nikki Kiyimba to introduce mindfulness practices safely on a one-to-one or small group basis to individuals with experienced psychological trauma. TIM is an innovative modular system of components that draws upon established models of trauma-informed care, and a wealth of clinical experience with people who have experienced trauma.

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 the two dominant Western approaches to mindfulness Compares, contrasts, and integrates insights from the social psychological and Eastern-derived perspectives Discusses the application of mindfulness across a range of fields, including consciousness and cognition, education, creativity, leadership and organizational behavior, law, medical practice and therapy, well-being and health

Part of the Mindfulness Moments for Kids series, this mindful meditation exercise featuring a sweet bear cub helps kids feel calm, wherever they are. With this board book, kids will learn their breathing and soothe themselves slowly to sleep, just like a bear in hibernation! Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child's playdate. Based on Kira Willey's Parents' Choice GOLD Award-winning writing, this board book series (Listen like an Elephant and the upcoming Bunny Breaths) is the first of its kind and is designed to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful Breathe like a Bear hardcover/trade paperback--a collection of mindfulness exercises for kids--this board book is an easy-to-follow breathing exercise kids can use to manage their bodies, breath, and emotions.

A Phenomenology of Langerian Mindfulness

Mindfulness for Kids

Mindfulness-Oriented Interventions for Trauma

Handbook of Mindfulness

Mindfulness-Based Cognitive Therapy for Anxious Children

A Practitioner's Guide for One-to-One Work

Established and Emerging Issues

The Mindfulness Book returns to the original core ideas behind the practice of mindfulness and provides a concise practical interpretation in the light of contemporary psychology's best insights about how it works and how to practice it. Part one lays the foundation by describing the essential building blocks of mindfulness: what it is, how it works and, most importantly, what it delivers. Part two explores the relationship of mindfulness to cognitive psychology and in particular examines practical psychological strategies for using mindfulness to develop greater self-awareness and conscious control over both your state of mind and behavior. Part three explores four powerful applications of mindfulness and Part four considers the challenges of living mindfully including managing stress and work. To help you develop your mindfulness practice, each chapter provides practical takeaways and guided audio files. Whatever your goal; creating a more peaceful and focused mind, enjoying greater wellbeing, establishing more meaningful relationships, fulfilling your career ambitions or creating a more balanced lifestyle,

The Mindfulness Book provides you with time-proven insights and practical strategies for living a more peaceful, productive and creative life. LID Publishing's popular Concise Advice Lab notebooks are designed to be quick and comprehensive brainstorming tools for busy professionals. The small trim size makes it easy to take along in a briefcase or purse. Interior pages are matte finish, so ink won't smear, and there's plenty of space to jot notes. A ribbon makes it easy to mark your place, and the elastic outer band keeps the notebook closed.

Expanding on the trailblazing ideas of Ellen Langer, this provocative volume explores the implications of critical mindfulness for making psychology more responsive and its practice more meaningful. Powerful critiques take the discipline to task for positioning therapists as experts over their clients and focusing on outcomes to the detriment of therapeutic process. Contributors use the principles of Langerian mindfulness to inform self-understanding and relationships, areas such as athletic performance and consumer decision making, and basic and complex forms of cognitive engagement. The mindfulness demonstrated here is not only critical but also creative, inclusive, and humane, with the potential to transform the consciousness of psychology and other mind-based fields. Included in the coverage: · Critical mindfulness of psychology's mindlessness. · The construct of mindfulness amidst and along conceptions of rationality. · Understanding confidence: its roots and role in performance. · Mindfulness in action: the emergence of distinctive thought and behavior. · Langerian mindfulness and optimal sport performance. · Health and the psychology of possibility. Critical Mindfulness is bracing and insightful reading for undergraduate and graduate students, psychologists, psychiatrists, physicians, clinicians, neurologists, and educators within and outside positive psychology. These pages challenge the wider community of professionals to rethink their perspectives on practice—as well as their long-held tenets of living.

Mindfulness techniques, having long played an important role in contemplative traditions around the world, are now recognized as having the potential to transform workplaces. As interest in the role of mindfulness in organizational settings continues to increase, this timely book fills a gap in the literature by providing an overview of the latest theoretical and empirical research on workplace mindfulness. It brings together world-leading scholars to explore the foundations, key discussions, diversity of approaches, and applications of mindfulness in organizations. It acts as a catalyst for future research on the topic by suggesting research directions and stimulating organizational researchers to embark on new projects involving mindfulness.

Furthermore, it provides valuable ideas for implementing mindfulness programs in organizations, for teaching mindfulness in business contexts, and for coaching with mindfulness. This must-read book will appeal to researchers and professionals in the fields of organizational behavior, organizational psychology and employee well-being.

Ellen J. Langer, Harvard professor of psychology, determines that the mindless following of routine and other automatic behaviors lead to much error, pain and a predetermined course of life. In this thought-provoking book, her research has been "translated" for the lay reader. With anecdotes and metaphors, Langer explains how the mindless--as opposed to the mindful--develop mindsets of categories, associations, habits of thought born of repetition in childhood and throughout schooling. To be mindful, she notes, stressing process over outcome, allows free rein to intuition and creativity, and opens us to new information and perspectives. Langer discusses the negative impact of mindsets on business and social relations, showing special concern for the elderly, who often suffer from learned helplessness and lack of options. Encouraging the application of mindfulness to health, the author affirms that placebos and alternative, mind-based therapies can help patients and addicts move from unhealthy to healthy contexts.

Perceived Control

Culture, Context, and Social Engagement

Clinician's Guide to Evidence Base and Applications

Mindfulness and the Arts Therapies

The Mindfulness and Acceptance Workbook for Anxiety

Counterclockwise

Mindfulness Meditation In Everyday Life

In *The Phenomenological Psychology of Mindfulness*, Sayyed Mohsen Fatemi draws on the latest scholarly findings in Langerian psychology and examines their implications in clinical and social psychology.

A powerful SEL mindfulness program to help kids self-regulate, foster social and academic engagement, and bring peace back into the classroom. As a teacher, you know that preschool and kindergarten are difficult periods of transition in kids' lives. This is true now more than ever, as young children in our world face increasing life challenges—including adverse childhood experiences, trauma, social disconnection, systematic discrimination, and a global pandemic. Students are struggling to balance their emotions and adapt to a classroom environment, the tools outlined in this mindfulness guide can help. Mindfulness for Preschool and Kindergarten offers an effective, adaptable, multisensory, and skills-based social emotional learning (SEL) program to help preschool and kindergarten-aged children learn to self-regulate, ensuring a peaceful and prosocial learning environment in the classroom. The hands-on OpenMind program in this book will help kids cope with stress and trauma, process and understand difficult emotions, and interact positively with others. Kids will also learn how to bounce back from challenges, build resilience, and experience greater social and academic engagement. The OpenMind program's five foundations go well beyond sequenced lesson plans and strategies to help promote a positive classroom experience.

These include: Wellness and mindfulness training for teachers Practices to help kids build self-regulation, executive function, and engagement Planned practices and lessons in response to arising individual and learning environment needs that are anchored to social and academic content Scaffolding and modification of practices and lessons to promote learning and active mindful engagement A process for transforming challenging behaviors into opportunities for learning, growth, autonomy, and agency You are on the frontlines of helping kids face some of life's most difficult challenges, and ensuring that they feel valued, protected, and supported. The weight of this responsibility can create stress and feelings of overwhelm for you. Let this guide support both you and

your young students in cultivating a loving, safe, and rewarding classroom environment—together.

A digital collection of the wisdom of the greatest thinkers in history. Six books in one package.

Stress is endemic in our culture. We live in a speedy, pressurized world, and there's often little time to really experience and enjoy our lives. Rather than constantly trying to keep up, perhaps it's time for us to stop and pay attention, to our bodies, minds, and the world. For thousands of years Eastern traditions have taught meditation to help people lead healthier, happier lives. Now, scientific research is confirming that mindfulness can help us all improve our mental and physical well-being. Written by Dr. Jonty Heaveresdge and Ed Halliwell, *The Mindful Manifesto* integrates the latest scientific and medical research on mindfulness with meditation's historical context. We will see how mindfulness can:

- treat mental health problems such as depression and anxiety
- help us cope with the busyness of everyday life
- improve our physical health and manage chronic illness
- help us let go of unwanted behaviors and improve how we function in our relationships and jobs.

And why stop there? With examples of how the mindfulness movement is already well underway, we see that encouraging governments and other powerful institutions to take a mindful approach could make a massive difference to the health and happiness of the whole world.

Mindfulness in Positive Psychology

50 Ways to Lead a More Mindful Life

The OpenMind Program to Boost Social-Emotional Learning and Classroom Engagement

Foundations of Educator Flourishing

The Mindfulness Book

A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

Theory and Practice

Mindful Alignment: Foundations of Educator Flourishing develops a foundation for educators to flourish by promoting self-awareness as a mindful approach to ongoing professional inquiry. It presents three mindful arts—the art of well-being; the art of positive relationships; and the art of living from strengths, passions, and purposes—detailing several practices that, when executed over time, can provide a focus for developing mindful alignment. The authors present an approach to personal, professional learning that encourages educators to slow down, create space to notice, and then nurture their intentions and actions toward fulfilling their purposes and passions, in order to grow a sense of flourishing at work and overcome the challenges presented by teaching in ever increasingly fast-paced, rapidly-changing, accountability-driven professional environments.

Research on economic decision-making seeks to understand how subjects choose between plans of action (lotteries, gambles, prospects) that have economic consequences. The key difficulty in making such decisions is that typically no plan of action available to the decision-maker guarantees a specific outcome, rather, consequences are risky or uncertain. More recently, researchers in psychology, behavioral and computational neuroscience and psychology have started to apply these theoretical principles to studying choice behavior and its neural basis in the laboratory, for instance in electrophysiological studies of animals making choices for primary reward such as juice and neuroimaging studies of humans making choices for money. Moreover, researchers across all these fields are, in parallel, studying how decisions are guided by learning and how the computations relevant to decisions and choices are represented neurally. This emerging field of theoretically grounded decision neuroscience is now known as "neuroeconomics." With this Research Topic, we aim to solicit contributions from researchers from the fields of neurobiology, behavioral and computational neuroscience and economics which discuss the neural computations underlying decision-making and adaptive behavior.

Mindfulness-based approaches to medicine, psychology, neuroscience, healthcare, education, business leadership, and other major societal institutions have become increasingly common. New paradigms are emerging from a confluence of two powerful and potentially synergistic epistemologies: one arising from the wisdom traditions of Asia and the other arising from post-enlightenment empirical science. This book presents the work of internationally renowned experts in the fields of Buddhist scholarship and scientific research, as well as looking at the implementation of mindfulness in healthcare and education settings. Contributors consider the use of mindfulness throughout history and look at the actual meaning of mindfulness whilst identifying the most salient areas for potential synergy and for potential disjunction.

Mindfulness: Diverse Perspectives on its Meanings, Origins and Applications provides a place where wisdom teachings, philosophy, history, science and personal meditation practice meet. It was originally published as a special issue of Contemporary Buddhism.

Scientifically riveting and practically empowering, "Counterclockwise" offers a bold new way to think about aging and lifelong health from the trailblazing social psychologist and author of the bestselling classic "Mindfulness."

The Psychology of Presence

Teaching Mindfulness Skills to Kids and Teens

Healthcare Community Synergism between Patients, Practitioners, and Researchers

Mindful Emotional Eating

50 Inspirational Books to Transform Your Life from Timeless Sages to Contemporary Gurus

Mindful Choices for Well-Being

Mindful Hypnobirthing

The concept of the "locus of control" is one of the most influential in all of the psychological sciences. Initially proposed by Julian Rotter in 1966, the year 2016 marks the 50th anniversary of this remarkable breakthrough, subsequently inspiring thousands of research studies in the human sciences - research that has only served to deepen the utility of this amazing concept. Edited by John W. Reich and Frank J. Infurna, *Perceived Control: Theory, Research, and Practice in the First 50 Years* commemorates this important anniversary by featuring contributions from leading figures of the time - some of whom were there at the very beginning of Rotter's breakthrough - to give readers a valuable historical record and measuring stick to illustrate how far we've come. Other contributors to this volume expertly present contemporary and cutting-edge summaries of the current state of our knowledge all while giving us a roadmap for future developments and directions. What have these developments revealed about basic human strengths and capacities? Why has this concept proven so remarkably effective in illuminating our everyday life in sickness and health? *Perceived Control* is a fascinating work that incorporates research from Rotter's original concept, and addresses many of the leading comparable concepts that have since evolved: self-efficacy, personal mastery, competence, primary and secondary control, and more specific topics such as health locus of control, learned helplessness, and other heuristic concepts discussed in many different fields of psychology and the allied disciplines. As *Perceived Control* skillfully attests, Rotter's work continues to thrive, leaving little doubt that its influence will endure for another half century of more.

Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children's activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings.

This handbook explores mindfulness philosophy and practice as it functions in today's socioeconomic, cultural, and political landscape. Chapters discuss the many ways in which classic concepts and practices of mindfulness clash, converge, and influence modern theories and methods, and vice versa. Experts across many disciplines address the secularization and commercialization of Buddhist concepts, the medicalizing of mindfulness in therapies, and progressive uses of mindfulness in education. The book addresses the rise of the, "mindfulness movement", and the core concerns behind the critiques of the growing popularity of mindfulness. It covers a range of dichotomies, such as traditional versus modern, religious versus secular, and commodification versus critical thought and probes beyond the East/West binary to larger questions of economics, philosophy, ethics, and, ultimately, meaning. Featured topics include: A compilation of Buddhist meditative practices. Selling mindfulness and the marketing of mindful products. A meta-critique of mindfulness critiques - from McMindfulness to critical mindfulness Mindfulness-based interventions in clinical psychology and neuroscience. Corporate mindfulness and usage in the workplace. Community-engaged mindfulness and its role in social justice. The Handbook of Mindfulness is a must-have resource for clinical psychologists, complementary and alternative medicine professionals/practitioners, neuroscientists, and educational and business/management leaders and policymakers as well as related mental health, medical, and educational professionals/practitioners.

This volume is a comprehensive review of theoretical and empirical contributions to positive psychology. It provides a scientific understanding of how human strengths help people psychologically and physically, showing how stressful circumstances do not inexorably lead to negative prognoses. It examines how individuals confront challenges, appreciate others, and regard daily experiences as meaningful. Many of the chapters also challenge the negative, disease-model approach that dominates much of the research concerning health and well-being. Chapters also address applications and future directions for the field. The broad scope makes it a key resource for undergraduates, graduates, researchers, and practitioners in social, clinical, and positive psychology.

Positive Psychology

Diverse Perspectives on its Meaning, Origins and Applications

How Doing Less and Noticing More Can Help Us Thrive in a Stressed-Out World

Mindfulness Activities for Kids with ADHD: Engaging Stories and Exercises to Help You Learn and Thrive

Designing for the Museum Visitor Experience

Breathe Like a Bear

Mindful Awareness, Great Choices, Powerful Habits--with Mindful Choices Therapy

For much of the 20th century, theories of addictive behaviour and motivation were polarized between two models. The first model viewed addiction as a moral failure for which addicts are rightly held responsible and judged accordingly. The second model, in contrast, viewed addiction as a specific brain disease caused by neurobiological adaptations occurring in response to chronic drug or alcohol use, and over which addicts have no choice or control. As our capacity to observe neurobiological phenomena improved, the second model became scientific orthodoxy, increasingly dominating addiction research and informing public understandings of addiction. More recently, however, a dissenting view has emerged within addiction research, based partly on new scientific research and partly on progress in philosophical and psychological understandings of relevant mental phenomena. This view does not revert to treating addiction as a moral failure, but nonetheless holds that addictive behaviour is fundamentally motivated by choice and subject to at least a degree of voluntary control. On this alternative model of addiction, addictive behaviour is an instrumental means to ends that are desired by the individual, although much controversy exists with respect to the rationality or irrationality of these ends, the degree and nature of the voluntary control of addictive behaviour and motivation, the explanation of the difference between addictive and non-addictive behaviour and motivation, and, lastly, the extent to which addictive behaviour and motivation is correctly characterised as pathological or diseased. This research topic includes papers in the traditions of neuroscience, psychology, philosophy, law and social science that explore alternative understandings of addiction.

Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors. The volume showcases treatment approaches that can be tailored to this population's needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others. Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.

The second edition of Mindfulness-Based Treatment Approaches discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorders, psychosis, and borderline personality disorder. All chapters in this new edition are written by researchers with extensive clinical experience. Each chapter includes the conceptual rationale for using a mindfulness-based treatment and a review of the relevant evidence base. A detailed case study illustrates how the intervention is implemented in "real life," exploring the clinical and practical issues that may arise and how they can be managed. This book will be of use to clinicians and researchers interested in understanding and implementing mindfulness based treatments. Covers anxiety, depression, eating, psychosis, personality disorders, stress, pain, relationships, and more Discusses a wide range of populations (children, adolescents, older adults, couples) and settings (outpatient, inpatient, medical, mental health, workplace) Clinically rich, illustrative case study in every chapter International perspectives represented by authors from the US, Canada, UK, and Sweden

Mindful Alignment

Mindfulness, 25th anniversary edition

Integrating Contemplative Practices

Mindfulness-Based Treatment Approaches

Mindfulness in Organizations

A Manual for Treating Childhood Anxiety