



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

By Ellen J. Langer

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Mindfulness, 25th anniversary edition (A Merloyd Lawrence Book) By Ellen J. Langer

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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