



# Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing

From Routledge



Download



Read Online



Get Print Book

## Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge

*Mindfulness in Positive Psychology* brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest 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 groundbreaking 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 relevant 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.



[Download Mindfulness in Positive Psychology: The Science of ...pdf](#)



[Read Online Mindfulness in Positive Psychology: The Science ...pdf](#)

# Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing

*From Routledge*

**Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing** From Routledge

*Mindfulness in Positive Psychology* brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest 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 relevant 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.

**Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing** From Routledge  
**Bibliography**

- Sales Rank: #523514 in Books
- Published on: 2016-03-26
- Released on: 2016-03-24
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .81" w x 6.14" l, .0 pounds
- Binding: Paperback
- 350 pages

 [Download Mindfulness in Positive Psychology: The Science of ...pdf](#)

 [Read Online Mindfulness in Positive Psychology: The Science ...pdf](#)



## **Editorial Review**

### **Review**

"The integration of mindfulness and positive psychology could greatly enhance our understanding of these two related fields. This book provides a comprehensive discussion of mindfulness, well-being, happiness, flow, meaning, and purpose in a wide range of populations and settings. It sheds helpful new light on how the understanding of mindfulness can enhance the study of wellbeing, and how positive psychology can enhance the study of mindfulness." - Dr Ruth Baer, Author of "*Mindfulness-based Treatment Approaches*"

"This book comes at a time when practitioners and patients alike, are seeking self-management tools that can infiltrate and provide positive interventions into what can appear as an overwhelming sense of despair in our modern world. Ivtzan and Lomas have pulled together contributors from a variety of backgrounds, to trace mindfulness from its historically grounded Buddhist philosophical roots through to its practical application in a wide variety of therapeutic endeavours. The useful instructional elements of the chapters makes the book multifaceted, so it could be used to learn more about the attributes and enabling factors of a mindfulness approach, whether as a manager, educator, practitioner, or as an individual wanting to claim back their life in full technicolour high definition, without any electronic stimulus outside of their own beautiful minds." - Professor Sally Hardy, Head of Mental Health and Learning Disabilities, London South Bank University

"What unique angle does positive psychology offer to mindfulness research? In this book the authors organized varied chapters to address this important question. Some of the world's leading authors, researchers and scholars of mindfulness have been willing to explore mindfulness in relation to different aspects of positive psychology, and have contributed their insights to this inspiring book" - Professor Yi-Yuan Tang, Texas Tech University, USA

### **About the Author**

**Itai Ivtzan** is a positive psychologist, a senior lecturer and the program leader of MAPP (Masters in Applied Positive Psychology) at the University of East London (UEL). His research areas are mindfulness, meditation, spirituality and wellbeing. In addition to many journal papers and book chapters, he is the author of several books and the leading author of *Second Wave Positive Psychology: Embracing the dark side of life*.

Tim Lomas is a lecturer at the University of East London, where he is the associate programme leader for the MSc in Applied Positive Psychology and Coaching Psychology. He has published numerous peer-reviewed papers and books in relation to mindfulness, including a monograph based on his PhD, entitled *Masculinity, Meditation, and Mental Health*.

## **Users Review**

### **From reader reviews:**

**Marsha Young:**

What do you concentrate on book? It is just for students since they're still students or the idea for all people in the world, what best subject for that? Only you can be answered for that query above. Every person has various personality and hobby for each and every other. Don't to be compelled someone or something that they don't want do that. You must know how great and also important the book Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing. All type of book is it possible to see on many solutions. You can look for the internet options or other social media.

**Antoinette Lefebvre:**

Reading a reserve can be one of a lot of action that everyone in the world really likes. Do you like reading book consequently. There are a lot of reasons why people enjoyed. First reading a publication will give you a lot of new data. When you read a reserve you will get new information because book is one of various ways to share the information or their idea. Second, reading through a book will make a person more imaginative. When you reading a book especially fictional book the author will bring that you imagine the story how the figures do it anything. Third, you could share your knowledge to others. When you read this Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing, it is possible to tells your family, friends and also soon about yours publication. Your knowledge can inspire the others, make them reading a guide.

**Andrew Hulbert:**

Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will become your mind friends. Imaging every word written in a book then become one web form conclusion and explanation that will maybe you never get before. The Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing giving you another experience more than blown away the mind but also giving you useful info for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary spending spare time activity?

**Gaye Lewis:**

You can find this Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing by browse the bookstore or Mall. Merely viewing or reviewing it can to be your solve difficulty if you get difficulties for your knowledge. Kinds of this e-book are various. Not only through written or printed but in addition can you enjoy this book simply by e-book. In the modern era like now, you just looking from your mobile phone and searching what your problem. Right now, choose your current ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still update. Let's try to choose appropriate ways for you.

**Download and Read Online Mindfulness in Positive Psychology:  
The Science of Meditation and Wellbeing From Routledge  
#K2EN0F1TUMX**

## **Read Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge for online ebook**

Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge books to read online.

### **Online Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge ebook PDF download**

**Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge Doc**

**Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge Mobipocket**

**Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing From Routledge EPub**