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## The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book)

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**The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book)** From Brand: Shambhala Publications

A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field.

Selections include:

- Leading thinking **Jon Kabat-Zinn** on the essence of mindfulness, stress reduction, and positive change
- Zen teacher **Thich Nhat Hanh** on the transformative power of mindful breathing
- Professor of psychiatry **Daniel Siegel, MD**, on how mindfulness benefits the brain
- Physician and meditation teacher **Jan Chozen Bays, MD**, on how and why to practice mindful eating
- Pioneering psychologist **Ellen Langer** on how mindfulness can change the understanding and treatment of disease
- Leadership coach **Michael Carroll** on practicing mindfulness at work
- Psychologist **Daniel Goleman** on a mindful approach to shopping and consuming
- Pianist **Madeline Bruser** on how mindfulness can help us overcome performance anxiety
- and much more

*The Mindfulness Revolution* also includes an in-depth discussion by writer-editor Barry Boyce about how mindfulness is being applied in a variety of professional fields—from health care to education, from performing arts to business—to improve effectiveness and enhance well-being.

Learn more at [www.mindful.org](http://www.mindful.org).

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## **Editorial Review**

From Publishers Weekly

Mindfulness, in both its Buddhist and secular forms, is becoming increasingly familiar to a broad range of Americans. This essay collection describes mindful attention and how it can be applied to such diverse aspects of life as parenting, trauma recovery, money, illness, relationships, and the like. The contributors bring their considerable knowledge and skills to bear on the task of helping others and themselves. The book acknowledges the influence of the Mindfulness-Based Stress Reduction method pioneered at the University of Massachusetts Medical Center by Jon Kabat-Zinn, who has provided two essays; other writers include an unsurprising lineup of notables: Jack Kornfield, Joseph Goldstein, Pema Chödrön, Matthieu Ricard, Norman Fischer, Dzogchen Ponlop, Thich Nhat Hanh, Daniel Goleman, and the Dalai Lama. Of particular note are Karen Maezen Miller's meditation on housework, Sue Moon's graceful acceptance of senior moments, and Bob Howard's close attention to soil. Simple practices for the reader are included. While the definitions of mindfulness grow repetitive, these clearly written essays taken together form a solid introduction to a now mainstream approach to personal change. (Mar.)

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### **Review**

“The contributors bring their considerable knowledge and skills to bear on the task of helping others. These clearly written essays taken together form a solid introduction to a now mainstream approach to personal change.”—*Publishers Weekly*

“One of the wonderful aspects of *The Mindfulness Revolution* is that the essays address opportunities for mindfulness in everyday actions, such as shopping and online activities.”—The New York Journal of Books (online)

“As the practice of Buddhist mindfulness gains more and more mainstream attention, the need for a book like this has also grown.”—*New Age Retailer*

### **About the Author**

Barry Boyce is senior editor and staff writer for the *Shambhala Sun* magazine and editor of the website [www.mindful.org](http://www.mindful.org). He is the coauthor of *The Rules of Victory: How to Transform Chaos and Conflict—Strategies from the Art of War*, and he is the editor of *In the Face of Fear: Buddhist Wisdom for Challenging Times*.

## **Users Review**

### **From reader reviews:**

#### **Fatima Leonard:**

Now a day people that Living in the era just where everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each info they get. How many people to be smart in acquiring any information nowadays? Of course the answer is reading a book. Reading a book

can help individuals out of this uncertainty Information mainly this The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) book because book offers you rich data and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you may already know.

#### **Joe Timmons:**

The ability that you get from The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) is a more deep you looking the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) giving you excitement feeling of reading. The article author conveys their point in a number of way that can be understood simply by anyone who read the idea because the author of this book is well-known enough. This particular book also makes your current vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this particular The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) instantly.

#### **Nicole Williams:**

The particular book The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) will bring you to definitely the new experience of reading the book. The author style to describe the idea is very unique. In case you try to find new book to read, this book very appropriate to you. The book The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) is much recommended to you to learn. You can also get the e-book through the official web site, so you can more easily to read the book.

#### **Lester Baker:**

The book untitled The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life (A Shambhala Sun Book) contain a lot of information on that. The writer explains her idea with easy technique. The language is very clear to see all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author gives you in the new time of literary works. It is easy to read this book because you can continue reading your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice go through.

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