

1. Record Nr.	UNINA9910148854903321
Titolo	Handbook of Mindfulness : Culture, Context, and Social Engagement // edited by Ronald E. Purser, David Forbes, Adam Burke
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2016
Descrizione fisica	1 online resource
Collana	Mindfulness in Behavioral Health, , 2195-9579
Disciplina	616.89
Soggetti	Clinical psychology Complementary medicine Neurosciences School management and organization School administration Leadership
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	PART I: Between Tradition and Modernity -- Chapter 1. The Transformations of Mindfulness -- Chapter 2. The Challenge of Mindful Engagement -- Chapter 3. Paying Attention in a Digital Economy: Reflections on The Role of Analysis and Judgment Within Contemporary Discourses of Mindfulness and Comparisons with Classical Buddhist Accounts of Sati -- Chapter 4. Exploring the Full Range of Buddhist Meditative Practices: Moving Beyond One Size Fits All -- Chapter 5. Mindfulness: Traditional and Utilitarian -- Chapter 6. Can Secular Mindfulness be Separated from Religion? -- Chapter 7. The Mindful Self in Space Time -- PART II: Neoliberal Mindfulness vs. Critical Mindfulness -- Chapter 8. Selling Mindfulness: Commodity Lineages and the Marketing of Mindful Products -- Chapter 9. Mindfulness and the Moral Imperative for the Self to Improve the Self -- Chapter 10. The Critique of Mindfulness and the Mindfulness of Critique: Paying Attention with Foucault's Analytic of Governmentality -- Chapter 11. A Meta-Critique of Mindfulness Critiques: From McMindfulness to Critical Mindfulness -- Chapter 12. Notes Towards a Coming Backlash:

Mindfulness as an Opiate of the Middle-Classes -- Chapter 13. Is There a Corporate Takeover of the Mindfulness Industry? -- Chapter 14. Corporate Mindfulness and the Pathologization of Workplace Stress -- Chapter 15. Mindfulness in the Working Life: In Search for New Spaces of Awareness and Equanimity.- PART III: Genealogies of Mindfulness-Based Interventions -- Chapter 16. Against One Method: Contemplation in Context -- Chapter 17. Mindfulness-Based Interventions: Clinical Psychology, Buddhadharma, or Both? A Wisdom Perspective -- Chapter 18. Mindfulness: The Bottled Water of the Psychotherapy Industry -- Chapter 19. The Fourth Treasure: Psychotherapy's Contribution to the Dharma -- Chapter 20. Constructing the Mindful Subject: A Discourse Analysis of 'Inquiry' in Mindfulness-Based Stress Reduction -- Chapter 21. Saving the World: Personalized Communication of Mindfulness Neuroscience -- Chapter 22. The Ultimate Rx: Cutting Through the Delusion of Self-Cherishing. - PART IV: Mindfulness as Critical Pedagogy -- Chapter 23. Critical Integral Contemplative Education -- Chapter 24. What is the Sound of One Invisible Hand Clapping?: Neoliberalism, the Invisibility of Asian and Asian American Buddhists, and Secular Mindfulness in Education. - Chapter 25. Looking Through a Glass Darkly: The Neglect of Ethical and Educational Elements in Mindfulness-Based Interventions -- Chapter 26. Education as the Practice of Freedom: A Social Justice Approach for Mindfulness Educators -- Chapter 27. The Curriculum of Right Mindfulness: The Relational Self and the Capacity for Compassion -- Chapter 28. Community-Engaged Mindfulness and Social Justice: An Inquiry and Call to Action -- Chapter 29. A Critical and Comprehensive Review of Mindfulness in the Early Years -- Chapter 30. A "Mechanism of Hope": Mindfulness, Education and the Developing Brain -- Chapter 31. Using a Mindfulness-Oriented Academic Success Course to Reduce Self-Limiting Social Stereotypes in a Higher Education Context -- PART V: Commentary -- Chapter 32. Meditation Matters: Replies to the Anti-McMindfulness Bandwagon -- Chapter 33. Criticism Matters: A Response to Rick Repetti.

Sommario/riassunto

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.
