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Titolo	Weaving Complementary Knowledge Systems and Mindfulness to Educate a Literate Citizenry for Sustainable and Healthy Lives // edited by Magorzata Powietrzyska, Kenneth Tobin
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Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Preliminary Material / Magorzata Powietrzyska and Kenneth Tobin -- Researching Mindfulness and Wellness / Kenneth Tobin -- Recalibration of Mindfulness for Education / Heesoon Bai , Michelle Beatch , David Chang and Avraham Cohen -- The Gift of the Present / Xicoténcatl Martínez Ruiz -- Awakening Mindfulness in Science Education / Olga Calderón -- Dynamics of Mindfulness for Purposeful Living / Jambay Lhamo , Karma Gayphel , Sonam Rinchen and Sonam Daker -- Mindfulness / David Genovese -- Issues in Engaging Mindfulness in Science Education / Carolina Castano Rodriguez and Deborah Tippins -- Mindfulness in Teacher Education / Linda Noble and Magorzata Powietrzyska -- In Search of Mindfulness / Ewa Dbska -- Mindfulness and Neoliberal Education / David Forbes -- Mindfulness and Place-Based Education in Buddhist-Oriented Schools in Thailand / Rojjana Klechaya and George Glasson -- Drawing Attention / Cristina A. Trowbridge -- A Mindful Inquiry into Reductionism in Mathematics Education / Bal Chandra Luitel -- Mindfulness and Sexual Wellness / Konstantinos Alexakos -- Of Two Minds / Peter Waldman -- The Importance of Being Upside-Down / Kiat Hui Khng -- Jin Shin Jyutsu and Our Hands / Maria Miniello -- Coming Face to Face with Fears / Pamela A. Proscia -- Complementary Approaches to Wellness / Jed Schwartz -- Taking Charge of Our Own Wellness through Complementary Approaches / Magorzata

Powietrzyska -- Being and Becoming Mindful / Ferzileta Gjika -- Complementary Perspectives on the Enigma of Diabetes Mellitus / Kenneth Tobin and Nick Ansar -- Recovery from Eating Disorders and Child Sexual Abuse / Elisabeth Taylor -- The Effects of Mindfulness Based Interventions on Physiological Regulation / Liat Zitron and Yu Gao -- Name Index / Magorzata Powietrzyska and Kenneth Tobin -- Subject Index / Magorzata Powietrzyska and Kenneth Tobin.

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Sommario/riassunto

Weaving Complementary Knowledge System and Mindfulness to Educate a Literate Citizenry for Sustainable and Healthy Lives contains 24 chapters written by 33 authors, from 9 countries. The book, which consists of two sections on mindfulness in education and wellness, is intended for a broad audience of educators, researchers, and complementary medicine practitioners. Members of the general public may find appeal and relevance in chapters that advocate transformation in a number of spheres, including K-12 schools, museums, universities, counselling, and everyday lifestyles. Innovative approaches to education, involving meditation and mindfulness, produce numerous advantages for participants in schools, museums, and a variety of self-help contexts of everyday life. In several striking examples, critical stances address a band wagon approach to the application of mindfulness, often by for-profit companies, to purportedly improve quality of education, in contexts where learning has been commodified and ideologies such as neoliberalism have been mandated by politicians and implemented by policy makers. In different international contexts, Buddhist roots of mindfulness are critically reviewed by a number of authors. Chapters on wellness focus on complementary practices, including art therapy, Jin Shin Jyutsu, Iridology, and yoga. Foci in the wellness section include sexual health, prescription drug addiction, obesity, diabetes, cancer, and a variety of common ailments that can be addressed using complementary medicine. New theories, such a polyvagal theory, provide scope for people to become aware of their bodies in different ways and maintain wellbeing through changes in lifestyle, heightened self-awareness, and self-help.

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