

1. Record Nr.	UNINA9910255148003321
Titolo	Mindfulness and Educating Citizens for Everyday Life : Mindfulness and Educating Citizens for Everyday Life // edited by Malgorzata Powietrzynska, Kenneth Tobin
Pubbl/distr/stampa	Rotterdam : , : SensePublishers : , : Imprint : SensePublishers, , 2016
ISBN	9789463005708 9463005706
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (X, 280 p.)
Collana	Bold Visions in Educational Research
Disciplina	158.13
Soggetti	Education
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Acknowledgement -- About the Cover -- Mindfulness as a Way of Life: Maintaining Wellness through Healthy Living -- Part I: Mindfulness in Education -- Concentration Is the Seed: Conscious Attention in Educational Scenarios -- Mindfulness Interventions in Classroom Learning Environments -- Meditation: A Jewel for Reflective Teaching -- Mindfulness: A Lived Experience in Self-Awareness, Compassion and Understanding -- Engaging with Silence: Using Art as a Heuristic to Develop Understanding about Meditation -- Mindfulness in Education: Human Bodies in Focus -- Last Child in the Woods: An Analysis of Nature, Child, and Time through a Lens of Eco-Mindfulness -- I Walk in Nature More Confidently: Using Photoessays to Understand Ecological Mindfulness in Prospective Teachers -- Part II: Mindfulness and Wellness -- Learning Mindfulness One Surgery at a Time -- It's Not about Me: Bob D. and the Ethics of Alterity -- From the Grip of Depression to a Newfound Euphoria for Living: Gliding across the Spectra of Resilience and Outlook -- Mindfulness or Recursive Oscillatory Processes of Attunement -- The Possibility of Play: Understanding the Transformative Nature of Play and Exploring Possible Applications for People with Alzheimer's -- Index.
Sommario/riassunto	Mindfulness and Educating Citizens for Everyday Life invites readers to explore the role mindfulness can play in mediating how we enact social life in today's increasingly challenging and challenged world. The

educators and researchers who have contributed to this book use mindfulness as a lens to address and untangle what is becoming a profoundly complicated way of being within the reality of global capitalism. Education is framed broadly – the research transcends the walls of classrooms and includes museums, nursing homes, hospitals, AA meetings, and homes. Hence, the chapters feature participants occupying varied social positions and spaces that may be situated in different parts of the globe. The authors address two overarching and dialectically related themes of mindfulness and wellness and collectively the chapters expand possibilities for readers to act mindfully in a world in which wellness and wellbeing are pervasive concerns as a fragile Earth adapts to a dynamic flux of human-led changes that threaten the future of lifeworlds that support humanity and myriad species that face extinction. The authors do not offer oversimplified solutions to dramatically switch direction and preserve life, as we have known it. Instead, the ideas that emerge from the research presented in this volume expand possibilities for informed conduct, self-help, and educating citizens with a goal of individuals and collectives transforming lifeworlds by embracing mindfulness-saturated ontologies.
