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Nota di contenuto	Front Cover; The Mindful Librarian; Copyright Page; Dedication; Contents; About the Author; Acknowledgments; Introduction; Further Notes on This Textbook; References; 1 A Brief Introduction to Mindfulness: Origins, Science, the Brain, and Practice; Roots of Mindfulness in Modern Western Society; Important Mindfulness Concepts; Beginner's Mind; Presence; Making Conscious Choices; Mindfulness and Your Brain: What the Science Tells Us; Selected Mindfulness Techniques; Breath Meditation; Loving Kindness Meditation; Body Scan Meditation; Walking Meditation; Mindful Eating; Yoga/T'ai Chi Ten Quick Tips for Becoming More MindfulRecommended Resources; Mindful Magazine; Bibliography; 2 The Mindfulness Movement in Education; Introduction; Development in K-12; MindUP Curriculum; .b Curriculum; Learning to BREATHE Curriculum; Skills for Life; Developments in Higher Education; Contemplative Spaces; Campus Mindfulness Groups or Committees; Mindfulness in the Classroom; Mindfulness Programs or Concentrations; Student Testimonials: Higher Education; Conclusion; Practical Ideas to Get Started; Recommended Resources; Bibliography 3 Applying Mindfulness to the Undergraduate Research ProcessWhat Is Mindful Research?; The Mindful Approach; The Student Perspective; The

Faculty Perspective; The Librarian Perspective; Conclusion: Bringing It All Together in a Mindful Way; Recommended Resources; Bibliography; 4 The Association of College and Research Libraries Framework for Information Literacy: Connecting to Mindfulness; The ACRL Framework; The ACRL Framework and Dispositions; The ACRL Framework and Threshold Concepts; Mindfulness Is Transformative; Mindfulness Is Irreversible; Mindfulness Is Integrative  
Mindfulness Is Bounded Mindfulness Is Troublesome; The ACRL Framework and the Frames; Bringing It All Together-Mindful Librarians and the ACRL Framework; Recommended Resources; Bibliography; 5 Mindful Reference Service; History and Introduction: The Development of Guidelines; Connecting RUSA's Guidelines and Mindful Practice; Approachability; Interest; Listening; Searching; Follow-up; Conclusion; Recommended Resources; Bibliography; 6 Building Mindful Relationships with Faculty; Introduction; Social Interaction and State of Mind; Mindful Listening; Mindfulness and Interpersonal Synchronicity Conclusion Recommended Resources; Bibliography; 7 Mindful Library Leadership; Introduction to Mindful Leadership; Mindful Leaders; Mindful Relationships; Mindful Organization; Neuroscience; Conclusion; Recommended Resources; Bibliography; 8 The Solo Librarian; Mindfulness and the Solo Librarian: An Antidote to Burnout; Attitude 1: Nonjudging; Attitude 2: Patience; Attitude 3: Beginner's Mind; Attitude 4: Trust; Attitude 5: Nonstriving; Attitude 6: Acceptance; Attitude 7: Letting Go; Conclusion; Recommended Resources; Bibliography; Conclusion; Index; Back Cover

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Sommario/riassunto

"The Mindful Librarian: Connecting the Practice of Mindfulness to Librarianship explores mindfulness, approaching it in such a way as to relate specifically to the many roles or challenges librarians face. Coinciding with the increased need to juggle a variety of tasks, technologies, ebooks, and databases, the new Association of College & Research Libraries Framework for Information Literacy, and the challenges faced by solo librarians in school libraries which have suffered cutbacks in help in recent years, the time is exactly right for this publication. The authors hope to be helpful in some small way towards improving the joy and quality of life that librarians and library science students experience in their personal lives and jobs. The loftier goal would be to create a new lens from which to view librarianship, having a transformative impact on readers, and opening a new dialog within the profession. "--Provided by vendor.

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