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Titolo	College mindfulness training : reducing student life stress and improving academic performance // Kevin Page
Pubbl/distr/stampa	New York, NY ; ; Abingdon, Oxon : , : Routledge, , 2019
ISBN	0-429-00093-6 0-429-50613-9 0-429-00092-8
Descrizione fisica	1 online resource (148 pages)
Disciplina	158.13
Soggetti	College students - Psychology Mindfulness (Psychology) College teaching - Psychological aspects Educational psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	What exactly is mindfulness -- Attention and distraction in the digital age -- What is MBSR (and what it is not)? -- Mindfulness in everyday life -- Mind/body fitness -- Apps, gadgets and mindful technology use -- Mindfulness programs and initiatives -- Individual cmt practice -- CMT in an institutional setting.
Sommario/riassunto	College Mindfulness Training is a ground-breaking book that carefully combines selected meditation exercises with guidance explaining the background, scientific context, and practical applications of mindfulness practice. More than just a meditation manual, this book details how and why personal mindfulness practice is essential for the college-aged student. In addition to extensive practical exercises for both beginner and intermediate-level meditation students, the author explores the kinds of institutions and organizations that have arisen out of the popular mindfulness movement and what career options in the field may be available in the future. Throughout the manual, the author provides readers with insights into basic meditation techniques; active and passive meditation techniques; Focused Attention Meditation in both guided and self-guided forms; Open Monitoring Meditation;

informal meditation exercises; a brief history of the MBSR program and Koru meditation; a survey of current apps and meditation-supportive technology platforms; and detailed instructions for self-driven practice, and a semester-long outline for teachers. A captivating read, this book covers many of the essentials of mindfulness meditation and self-care of interest to college students, making it an essential tool for those of college age seeking to practice mindfulness meditation as well as college educators seeking a guided system to enhance their students' emotional well-being and academic performance.
