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Autore	Castelnuovo, Emma
Titolo	Pentole, ombre, formiche : in viaggio con la matematica / Emma Castelnuovo
Pubbl/distr/stampa	Scandicci : La Nuova Italia, 1993
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Collana	Biblioteca di cultura [La Nuova Italia] ; 182
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## Nota di contenuto

Intro -- The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR -- Contents -- Foreword -- Preface -- Introduction: The Business Case for Mindfulness Training -- 1: What Is Mindfulness? -- 2: What Is Mindfulness Practice? -- 3: Positive and Negative Stress: Up and Down the Yerkes-Dodson Curve -- 4: Approach and Avoidance: Learning New Ways to Be with What Is -- 5: Metacognition: Knowing Your Thoughts as Thoughts -- 6: Respond: Learning Not to React -- 7: Mindfulness and Emotional Intelligence: Positive Relationships at Work -- 8: Mindfulness for Leaders -- 9: Mindfulness in Coaching -- 10: Living Mindfully -- 11: Putting on an Eight-Week Mindfulness Course in a Workplace Setting -- Appendix 1: Good Practice Guidance for Teaching Mindfulness-Based Courses -- Appendix 2: Review of Significant Mindfulness Research -- Appendix 3: Further Reading -- Appendix 4: Further Training and Other Resources -- Index.

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## Sommario/riassunto

This book offers a practical and theoretical guide to the benefits of Mindfulness-Based Stress Reduction (MBSR) in the workplace, describing the latest neuroscience research into the effects of mindfulness training and detailing an eight-week mindfulness training course. Provides techniques which allow people in organizations to listen more attentively, communicate more clearly, manage stress and foster strong relationships Includes a complete eight-week mindfulness training course, specifically customized for workplace settings, along with further reading and training resources Written by a mindfulness expert and leading corporate trainer

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