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Ask the publishers to restore access to 500,000+ books. Title Mindfulness Author Langer Ellen J Tags Attention Consciousness Mental efficiency Thought and thinking Language English ISBN 9780738218007 / 9780738217994 / 0738217999 Year 2014 Pages File Size 492.4 KB Total Downloads 2,253 Total Views 13,070 Edition Second Da Capo Press edition, 25th anniversary edition City Boston;MA Identifier 9780738218007,9780738217994,0738217999 Org File Size 504,215 Extension epub Ellen J. Langer, Harvard professor of psychology, determines that the mindless following of routine and other automatic behaviors lead to much error, pain and a predetermined course of life. In this thought-provoking book, her research has been "translated" for the lay reader. With anecdotes and metaphors, Langer explains how the mindlessas opposed to the mindfuldevelop mindsets of categories, associations, habits of thought born of repetition in childhood and throughout schooling. To be mindful, she notes, stressing process over outcome, allows free rein to intuition and creativity, and opens us to new information and perspectives. Langer discusses the negative impact of mindsets on business and social relations, showing special concern for the elderly, who often suffer from learned helplessness and lack of options. Encouraging the application of mindfulness to health, the authoie affirms that placebos and alternative, mind-based therapies can help patients. 0 ratings0% found this document useful (0 votes)472 viewsmindful learningSaveSave Langer, Ellen, Mindful Learning For Later0% found this document useful, undefined0 ratings0% found this document useful (0 votes)472 viewsmindful learningAmerican psychologist (born 1947)Ellen LangerLanger in 2013Born (1947-03-25) March 25, 1947 (age78)The Bronx, New YorkEducationBachelor's degree in Psychology from New York UniversityPhD in Social and Clinical Psychology from Yale UniversityOccupationPsychology professorScientific careerNotable studentsAlia CrumAdam GrantBecca LevyEllen Jane Langer (/lr/; born March 25, 1947) is an American professor of psychology at Harvard University; it has been claimed that in 1981, she became the first woman ever to be tenured in psychology at Harvard,[1][2] although this is not accepted in all circles.[citation needed] She is widely known as the "mother of mindfulness"[3] and the "mother of positive psychology".[4] Langer studies the illusion of control, decision-making, aging, and mindfulness theory.[5][2] Her most influential work is Counterclockwise, published in 2009, the first test of her mind/body unity theory.[6] Her most recent book, The Mindful Body: Thinking Our Way to Chronic Health, published in 2023, argues for the enormous control we have over our health based on mind/body unity.[7]Langer was born in The Bronx, New York. She grew up in a two-bedroom Yonkers apartment she shared with her parents and older sister.[8] She received a bachelor's degree in psychology from New York University where she entered as pre-med, majoring in Chemistry.[9] Langer decided to major in psychology after taking a Psych 101 course with Phillip Zambardo at NYU.[10] She received her PhD in Social and Clinical Psychology from Yale University in 1974.[11] Langer has had a significant influence on the positive psychology movement.[11] Along with being known as the mother of positive psychology, her contributions to the study of mindfulness have earned her the moniker of the "mother of mindfulness".[12][13] Her work helped to presage mind/body medicine.[14] which has been regarded by many scientists to be an important intellectual movement and one that now has "considerable evidence that an array of mind-body therapies can be used as effective adjuncts to conventional medical treatment." [15] She has co-authored experimental research indicating a connection between time perception and wound healing [16]She has published over 200 articles and academic texts, was published in The New York Times, and discussed her works on Good Morning America [1] Additionally, in many introductory psychology courses at universities across the United States, her studies are required reading.[11]Many regard Langer as a trailblazer who initiated a transformative shift in perspective. Daniel Gilbert, a psychology professor, stated in the 1989 anthology Unintended Thought, [Langer] pointed out that social inference is not always a conscious and deliberate act; rather it is often the province of mindless automata. He further noted, This clarion call was widely appreciated, and if Langer did not quite set the stage for a psychology of unconscious social inference, she at least rented the theatre.[1]Langer at PopTech 2013Langer and colleagues have conducted multiple forms of research to promote the flexibility of aging.[11] Some of her most impactful work has been her research on her famous Counterclockwise Study (1979). This study found that when elderly men were temporarily placed in a setting that recreated their past, their health improved, and they even looked younger. This study was originally published by Oxford University Press [17] and later described in her best seller, Mindfulness.[18] It is the basis of what is now called Reminiscence Therapy. The study was the basis of a British Academy of Film and Television Awards nominated BBC series, The Young Ones. The original study was published in a chapter of a book edited by Langer published by Oxford University Press.[19] In 2018, the counterclockwise study was repeated in Italy, but the results have not been published as of 2024.[20] Langer and colleagues have explored the theory of mind/body which the counterclockwise study is a part more broadly.[21][22][23][24][25]Other important work has shown that rewarding behaviors and following completion of memory tasks improves memory. Another study showed that among nursing home patients, simply taking care of a plant improves mental and physical health, as well as life expectancy.[26][27] By having chambermaids call their everyday activity exercise rather than labor, Langer found that the chambermaids experienced a myriad of health benefits including: "a decrease in their systolic blood pressure, weight, and waist-to-hip ratio." [28][29]Langer is well known for her contributions to the study of mindfulness and of mindless behaviour, with these contributions having provided the basis for many studies focused on individual differences in unconscious behavior and decision-making processes in humans.[30] Although she initially studied meditation as well, her larger contribution is to the study of mindfulness without meditation.qIn 1989, she published Mindfulness, her first book, showing its widespread influence and application to business, education, science, art, and interpersonal relationships, and she is widely known as the "mother of mindfulness".[12][13] Langer defines mindfulness as "the simple act of noticing new things." [29] The Langer Mindfulness Scale aims to proxy for measures of this form of mindfulness.[31] Langer says that mindfulness can help teach that "uncertainty is the rule rather than the exception." [32]In 1980, she was the recipient of a Guggenheim Fellowship.[13][33] Other honors include the Award for Distinguished Contributions to Psychology in the Public Interest of the American Psychological Association, the NYU Alumni Achievement Award,[34] the Liberty Science Center Genius Award, the Distinguished Contributions of Basic Science to Applied Psychology award from the American Association of Applied and Preventive Psychology, the James McKeen Cattell Award, and the Gordon Allport Intergroup Relations Prize.[citation needed]Langer, Ellen J. (1989). Mindfulness. Reading, MA: Addison Wesley. ISBN978-0-201-52341-6.Langer, Ellen J. (1997). The Power of Mindful Learning. Reading, MA: Addison-Wesley. ISBN978-0-201-33991-8.Langer, Ellen J. (2005). On Becoming an Artist. New York: Ballantine Books. ISBN978-0-345-45629-8.Langer, Ellen J. (2009). Counter clockwise: mindful health and the power of possibility. New York: Ballantine Books. 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En definitiva, la aplicacin del mindfulness sostiene que actuemos con plena conciencia, pues es la clave para poder superarnos y extraer lo mejor de nosotros mismos en toda situacin o frente a cualquier problema. Ask the publishers to restore access to 500,000+ books. Ask the publishers to restore access to 500,000+ books. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. 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