

## The Wiley Blackwell Handbook of Mindfulness: volume 1

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### Abstrak

The Wiley Blackwell Handbook of Mindfulness brings together the latest multi-disciplinary research on mindfulness from a group of international scholars, in a comprehensive 2-volume set Examines the origins and key theories of the two dominant Western approaches to mindfulness Compares, contrasts, and integrates insights from the social psychological and Eastern-derived perspectives Discusses the implications for mindfulness across a range of fields, including consciousness and cognition, education, creativity, leadership and organizational behavior, law, medical practice and therapy, well-bei.