

The Wiley Blackwell Handbook of Mindfulness (Wiley Clinical Psychology Handbooks)



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- 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-being, and sports

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