



## マインドフルネスハンドブック

文化、背景、社会的関与

## Handbook of Mindfulness

Culture, Context, and Social Engagement

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- ◇ 広範な歴史的・文化的背景とともにマインドフルネスの理論と実践を検証。
- ◇ 健康管理、教育、神経科学、ビジネスなどの領域を通じてマインドフルネスとは何かを明示。
- ◇ 文化的前提、社会的諸制度、経済システム、政治的諸勢力への影響について論じます。
- ◇ 臨床心理学、補助医療、代替医療、神経科学、経営学、ビジネス、リーダーシップ関係者にお薦めします。

This handbook explores mindfulness philosophy and practice as it functions in today's socioeconomic, cultural, and political landscape. Chapters discuss the many ways in which classic concepts and practices of mindfulness clash, converge, and influence modern theories and methods, and vice versa. Experts across many disciplines address the secularization and commercialization of Buddhist concepts, the medicalizing of mindfulness in therapies, and progressive uses of mindfulness in education. The book addresses the rise of the, "mindfulness movement", and the core concerns behind the critiques of the growing popularity of mindfulness. It covers a range of dichotomies, such as traditional versus modern, religious versus secular, and commodification versus critical thought and probes beyond the East/West binary to larger questions of economics, philosophy, ethics, and, ultimately, meaning.

### Featured topics include:

- A compilation of Buddhist meditative practices.
- Selling mindfulness and the marketing of mindful products.
- A meta-critique of mindfulness critiques - from McM mindfulness to critical mindfulness
- Mindfulness-based interventions in clinical psychology and neuroscience.
- Corporate mindfulness and usage in the workplace.
- Community-engaged mindfulness and its role in social justice.

The Handbook of Mindfulness is a must-have resource for clinical psychologists, complementary and alternative medicine professionals/practitioners, neuroscientists, and educational and business/management leaders and policymakers as well as related mental health, medical, and educational professionals/practitioners.

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