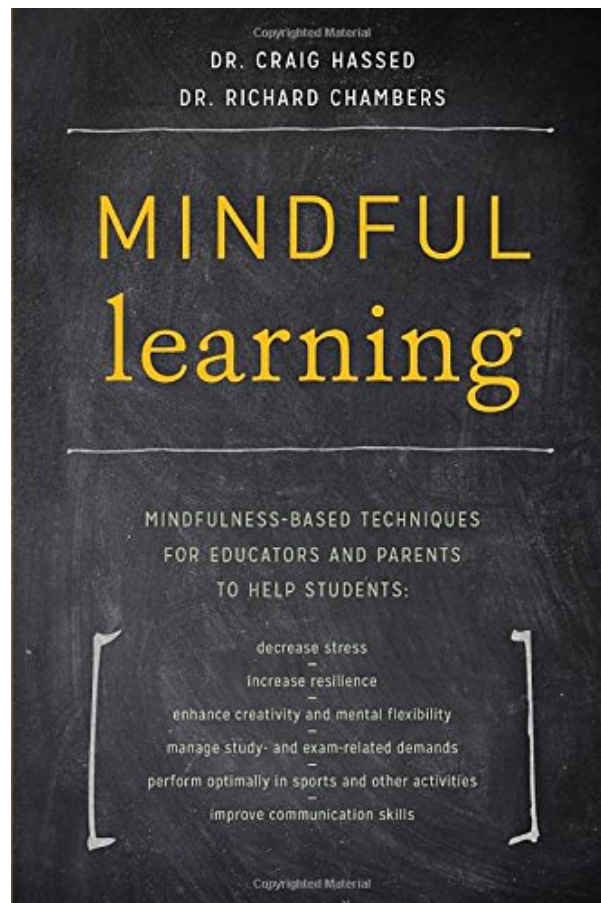


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About the Author

DR. CRAIG HASSED is an internationally recognized expert in mindfulness who has presented widely at national and international seminars and conferences and has published extensively in the areas of mind-body medicine and mindfulness. He has been instrumental in promoting mindfulness as a simple, natural, and accessible technique for enhancing wellness, preventing and managing illness, and improving performance within health, educational and corporate settings. He is a senior lecturer and mindfulness consultant at Monash University. DR. RICHARD CHAMBERS is a clinical psychologist in private practice, where he specializes in mindfulness-based therapies and runs regular mindfulness courses. He is also employed as a mindfulness consultant by Monash University and regularly consults for top-tier law firms and premier educational institutions. He is actively involved in research, has published a number of peer-reviewed articles, and has presented at a number of academic conferences. He is also a developer of Smiling Mind, a free web and iPhone app designed to make mindfulness accessible to young people.

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The most complete and readable mindfulness primer for educators and anyone who works with high school kids and young adults.

Mindfulness-based stress reduction (MBSR), as pioneered by Jon Kabat-Zinn and others, is now being successfully applied in myriad areas of human activity—most recently, education. It's no surprise that psychologists and educators have found that mindfulness-based practices improve attention and performance and reduce stress in the classroom and in other school-based activities. This book is a thorough yet readable introduction to mindfulness and its applications and a primer for educators on how it can be used with students, with numerous practical exercises.

The authors cover such topics as

- cultivating resilience and managing stress
 - emotional development
 - communication and relationships
 - mindful use of technology
 - mindfulness for enhancing creativity
 - mindfulness and sports
 - teaching with attention
 - working with resistance
 - managing personal stress in the classroom
 - and much more
-
- Sales Rank: #601534 in Books
 - Published on: 2015-03-31
 - Released on: 2015-03-31
 - Original language: English
 - Number of items: 1
 - Dimensions: 8.99" h x .67" w x 6.02" l, .0 pounds
 - Binding: Paperback
 - 272 pages

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articles, and has presented at a number of academic conferences. He is also a developer of Smiling Mind, a free web and iPhone app designed to make mindfulness accessible to young people.

Most helpful customer reviews

5 of 5 people found the following review helpful.

Dr. Hassed gets it!

By Joelle

This book has it all! I am a masters student at Columbia University studying Neuroscience and Education. My thesis is on the neuroscience of mindfulness and I have read over 20 books touting mindfulness research in an educational setting - So many of them are for beginners seem to be written for an ideal classroom that does not exist (did I mention that I'm an 8th grade Special Education teacher in Brooklyn?) This book is full of the newest research and applications for the classroom. It hits on interdisciplinary levels, such as social emotional learning, and the fixed/growth mindset. This book would be great to give anyone you know who has developed learned helplessness or chronic stress over time - regardless of whether they are an educator or student. Aside from this book, I also recommend Daniel Rechtschaffen's book, The Way of Mindful Education, which has great lesson plans for students of all ages (and all demographics) in the classroom.

3 of 3 people found the following review helpful.

Perfect Book

By Ramanuj

This book is made for me. I lived many years as absent mind person, now this book is helping to overcome that and I am enjoying my life.

0 of 0 people found the following review helpful.

Well written, well researched and practical.

By Eric Lyleson

This book provides the reader with an A - Z understanding of mindful learning. What became clear to me in reading this book is that mindful learning is not just for the classroom, but for the curriculum of life. If you value learning this book is for you. Well written, well researched and practical.

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