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Harvard University. Over 35 years of studying mindfulness, she has authored 200 research articles and 11 books on the subject, including Mindfulness and Counterclockwise: Mindful Health and the Power of Possibility. Ellen Langer — Science of Mindlessness and Mindfulness ... Langer, the first woman to be tenured in Harvard's

Psychology Department, has spent decades studying both mindless behavior and its opposite, making her the “mother of mindfulness” to many. She spoke to us about the power of psychology, the problem with absolutes, and more. Ellen Langer talks mindfulness, health – Harvard Gazette Langer offers the reader the essence of her 15 years of research in social psychology. She demonstrates the grave and pervasive consequences of mindlessness and the

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Langer.Mindfulness -
University of California,
Santa BarbaraEllen
Langer is a psychologist
from Harvard University
who has spent much of
her career researching
the differences between
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mindlessness. In Langer's
view, mindfulness is the
ability to create new
categories, welcoming
new information,
openness to different
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Mindfulness | Ellen Langer | Summary ... - Tom Butler-Bowdon

Ellen Langer is a psychologist from Harvard

University who has spent much of her career researching the differences between mindfulness and mindlessness. In Langer's view, mindfulness is the ability to create new categories, welcoming new information, openness to different points of view, control over context, and emphasizing process over outcome.

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Mindfulness: Choice and Control in Everyday Life (1989) Ellen Langer Have

you ever said "excuse me" to a store mannequin or written a check in January with the previous year's date?' asks Ellen Langer. For most of us, the answer is probably 'yes', but these small mistakes, the author believes, are the tip of a mindlessness iceberg.

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