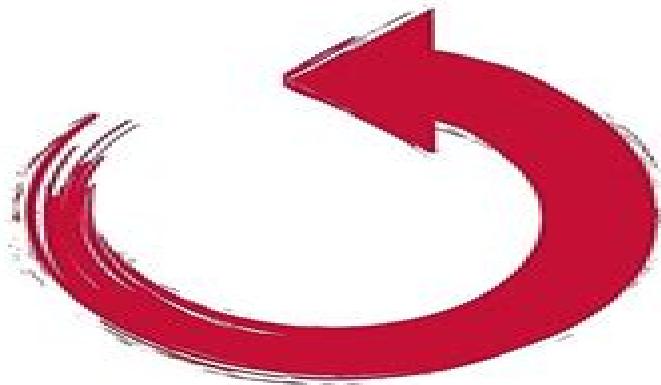


COUNTER CLOCKWISE

Mindful Health and the
Power of Possibility



ELLEN J. LANGER

AUTHOR OF THE BESTSELLING CLASSIC

Mindfulness

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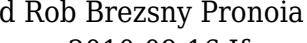
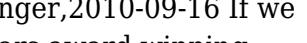
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Counterclockwise Ellen J. Langer, 2009-05-19 If we could turn back the clock psychologically could we also turn it back physically For more than thirty years award winning social psychologist Ellen Langer has studied this provocative question and now in Counterclockwise she presents the answer Opening our minds to what's possible instead of presuming impossibility can lead to better health at any age Drawing on landmark work in the field and her own body of colorful and highly original experiments including the first detailed discussion of her counterclockwise study in which elderly men lived for a week as though it was 1959 and showed dramatic improvements in their hearing memory dexterity appetite and general well being Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues Examining the hidden decisions and vocabulary that shape the medical world chronic versus acute cure versus remission the powerful physical effects of placebos and the intricate but often defeatist ways we define our physical health Langer challenges the idea that the limits we assume and impose on ourselves are real With only subtle shifts in our thinking in our language and in our expectations she tells us we can begin to change the ingrained behaviors that sap health optimism and vitality from our lives Improved vision younger appearance weight loss and increased longevity are just four of the results that Langer has demonstrated Immensely readable and riveting Counterclockwise offers a transformative and bold new paradigm the psychology of possibility A hopeful and groundbreaking book by an author who has changed how people all over the world think and feel Counterclockwise is sure to join Mindfulness as a standard source on new century science and healing

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Transformative Power of Possibility Ellen J. Langer, 2009 *The Wiley Blackwell Handbook of Mindfulness* Amanda Ie, Christelle T. Ngnoumen, Ellen J. Langer, 2014-03-12 The Wiley Blackwell Handbook of Mindfulness brings together the latest multi disciplinary research on mindfulness from a group of international scholars 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 2 Volumes

Beyond Sustainable Ryan Ludwig, 2020-12-21 Beyond Sustainable discusses the relationship between human beings and the constructed environments of habitation we create living in the Anthropocene an increasingly volatile and unpredictable landscape of certain change This volume accepts that human beings have reached a moment beyond climatological and ecological crisis It asks not how we resolve the crisis but rather how we can cope with or adapt to the irreversible changes in the earth system by rethinking how we choose to inhabit the world ecology Through an examination of numerous historical and contemporary projects of architecture and art as well as observations in philosophy ecology evolutionary biology genetics neurobiology and psychology this book reimagines architecture capable of influencing

and impacting who we are how we live what we feel and even how we evolve Beyond Sustainable provides students and academics with a single comprehensive overview of this architectural reconceptualization which is grounded in an ecologically inclusive and co productive understanding of architecture **Critical Mindfulness** Sayyed Mohsen Fatemi,2016-08-02 Expanding on the trailblazing ideas of Ellen Langer this provocative volume explores the implications of critical mindfulness for making psychology more responsive and its practice more meaningful Powerful critiques take the discipline to task for positioning therapists as experts over their clients and focusing on outcomes to the detriment of therapeutic process Contributors use the principles of Langerian mindfulness to inform self understanding and relationships areas such as athletic performance and consumer decision making and basic and complex forms of cognitive engagement The mindfulness demonstrated here is not only critical but also creative inclusive and humane with the potential to transform the consciousness of psychology and other mind based fields Included in the coverage Critical mindfulness of psychology s mindlessness The construct of mindfulness amidst and along conceptions of rationality Understanding confidence its roots and role in performance Mindfulness in action the emergence of distinctive thought and behavior Langerian mindfulness and optimal sport performance Health and the psychology of possibility Critical Mindfulness is bracing and insightful reading for undergraduate and graduate students psychologists psychiatrists physicians clinicians neurologists and educators within and outside positive psychology These pages challenge the wider community of professionals to rethink their perspectives on practice as well as their long held tenets of living **Brain Power** Michael J. Gelb,Kelly Howell,2011-12-26 Virtually everyone fears mental deterioration as they age But in the past thirty years neuroscientists have discovered that the brain is actually designed to improve throughout life How can you encourage this improvement Brain Power shares practical state of the evidence answers in this inspiring fun to read plan for action The authors have interviewed physicians gerontologists and neuroscientists studied the habits of men and women who epitomize healthy aging and applied what they describe in their own lives The resulting guidance along with the accompanying downloadable Brain Sync audio program can help you activate unused brain areas tone mental muscles and enliven every faculty **CLA Journal** ,2016  (James Fadiman)  (Jordan Gruber),2025-01-16 Anodea Judith Eastern Body Western Mind Rob Brezsny Pronoia Is the Antidote for Paranoia **Library Journal** ,2009  ,2010 **Counterclockwise** Ellen Langer,2010-09-16 If we could turn back the clock psychologically could we also turn it back physically For more than thirty years award winning psychologist Ellen Langer has studied this provocative question and now in Counterclockwise she presents a conclusive answer opening our minds to what s possible instead of clinging to notions about what s not can lead to better health at any age Drawing on landmark work in the field and her own body of colourful and highly original experiments Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues With only subtle shifts in our thinking our language and in our expectations she tells us that we can begin to change the

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