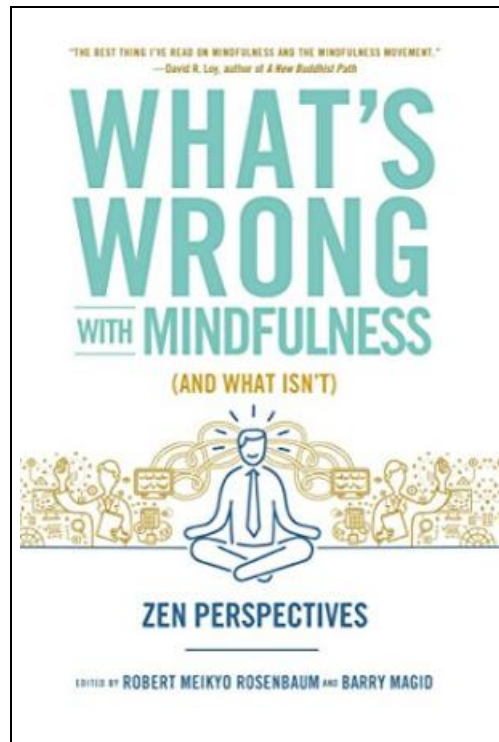


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Wisdom Publications,U.S., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Mindfulness seems to be everywhere--but are we sure that s a good thing? Teachers Sallie Jiko Tisdale, Gil Fronsdal, Norman Fischer, and more explain how removing mindfulness from Buddhism may set a dangerous precedent. Mindfulness is in fashion. Oprah loves it, Google teaches it to employees--it has become widespread as a cure-all for stress, health problems and psychological difficulties, interpersonal trouble, and existential anxiety. But when mindfulness is separated from the Buddhist tradition, is something lost? The Zen teachers gathered here each offer a unique perspective on what mindfulness means, its strengths, and the potential pitfalls. Gil Fronsdal and Max Erdstein thoughtfully explore the rich Pali roots of mindfulness Barry Magid and Marc Poirier examine the unintended side effects of exposing a spiritual tradition to the demands of capitalism Norman Fischer demonstrates how mindfulness informs his creative process Grace Schireson shows how mindfulness allows her to engage fully with the world as a feminist And more, including essays on mindfulness and environmentalism, science, and psychology. Each chapter offers insights to ground mindfulness in a deeper understanding of both where it comes from, and where it might be headed.



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