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Langer on
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Langer on Mindful
Learning and the
Power of
Possibility~~

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*Mindfulness and
leadership. Ellen*

Langer PNTV:

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talks about**

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and The Power of
Possibility | *Ellen*
Langer | *Talks at*
Harvard College
Ellen Langer
'Counterclockwise:
the power of
possibility' at
Happiness \u0026
Its Causes 2012
Mindfulness Ellen**

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**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,**

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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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determines that the
mindless following

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of routine and other automatic behaviors lead to much error, pain and a predetermined course of life. In this thought-provoking book, her research has been “translated” for the lay reader.

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**explains how the
mindless--as
opposed to the
mindful--develop
mindsets of ...**

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Merloyd Lawrence
Book):~~**

~~Amazon.co.uk ...~~

**“Ellen Langer has
succeeded in**

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**writing a book that,
in one bite,
manages to be
scientifically
interesting,
immensely
practical, and
dramatically
absorbing. It is
about the mindsets
that lead human
beings—even the**

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**smartest of
them—to become
stupid and
'mindless.'**

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Professor Ellen

Langer once

apologized when

she bumped into a

mannequin, the

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**kind of automatic,
mindless response
she says robs us of
the benefits of
being mindfully
engaged in day-to-
day existence.**

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**social psychologist
and the first female
professor to gain
tenure in the
psychology
department at
Harvard
University. Over 35
years of studying
mindfulness, she
has authored 200
research articles**

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**and 11 books on the
subject, including
Mindfulness and
Counterclockwise:
Mindful Health
and the Power of
Possibility.**

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Langer studies the illusion of control, decision-making, aging, and mindfulness theory. Her most influential work is Counterclockwise, published in 2009, which answers the questions of aging from her extensive

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**research, and
increased interest
in the particulars
of aging across the
nation.**

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**Ellen Langer's
work is a
significant piece of
research pointing**

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towards

**mindfulness as a
universal human
capacity. This
universal human
capacity is to be
distinguished from
the mindful
awareness practices
that enable us to
access a mindful
state. For Ellen**

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**Langer, the
primary mindful
awareness practice
is the ordinary
capacity of
noticing.**

**~~The Mind and Soul
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Learn More About**

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**Ellen's new book
Counterclockwise.
Advance Praise;
From Chapter One**

~~Ellen Langer~~
**Ellen J. Langer¹
Department of
Psychology,
Harvard
University,
Cambridge,**

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Massachusetts

Abstract

**Mindfulness,
achieved with out
meditation, is
discussed with
particular
reference to
learning. Being
mindful is the
simple act of
drawing novel**

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distinctions.

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**Dweck), The
Psychology of
Control, and
Mindfulness, which
has been published
in ten countries.**

**She is also coeditor
of Higher Stages of
Development and
Beliefs, Attitudes
and Decision
Making. She is the**

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Guggenheim
Fellowship and
numerous awards
including the ...**

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**Mindfulness is a
book about how**

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**and why
mindlessness
develops and the
affects
mindlessness has
on our body and
quality of life. The
book is broken into
two parts. Part one
is about
mindlessness: how
the categories and**

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**rules we learn when
we're young affect
our mindlessness
by creating
automatic
behaviors and
limiting our
perspective.**

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– Ellen Langer Dr.

**Langer is a
professor of
psychology at
Harvard
University. She has
been described as
the “mother of
mindfulness” and
has written**

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**extensively on the
illusion of control,
mindful aging,
stress, decision-
making, and
health.**

~~**Mindfulness by
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The following
article, by**~~

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Langer, extends the

concept of

mindfulness to the

personal

characteristics and

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enacted by women

in the business

world. As Langer

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**(1989) noted,
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present.**

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University. Her
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academic readers
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**forthcoming
Mindful Creativity.**

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artist and Harvard
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professor who
authored 11 books
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control, perceived**

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consider why you**

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**laughed at a joke
the last time you
did. If the punch
line made you
realize that the
story could be
understood in a
way other than how
you first heard it,
you have
experienced a
moment of**

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mindfulness.” —

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**“Regardless of how
we get there, either
through ...**

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**Ellen J. Langer,
Harvard professor
of Psychology in
her book**

**Mindfulness, states
that mindfulness
helps us to break
the routine and
other automatic
behaviors which
leads to pain, error
and predetermined**

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**course of action of
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*and The Power of
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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

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**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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other automatic behaviors lead to much error, pain and a predetermined course of life. In this thought-provoking book, her research has been “translated” for the lay reader.

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With anecdotes and
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**mindless--as
opposed to the
mindful--develop
mindsets of ...**

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apologized when
she bumped into a
mannequin, the
kind of automatic,**

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**mindless response
she says robs us of
the benefits of
being mindfully
engaged in day-to-
day existence.**

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and the first female professor to gain tenure in the psychology department at Harvard University. Over 35 years of studying mindfulness, she has authored 200 research articles and 11 books on the

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**subject, including
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Langer studies the**~~

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**illusion of control,
decision-making,
aging, and
mindfulness
theory. Her most
influential work is
Counterclockwise,
published in 2009,
which answers the
questions of aging
from her extensive
research, and**

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**increased interest
in the particulars
of aging across the
nation.**

~~**Ellen Langer**~~

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Ellen Langer's

work is a

significant piece of

research pointing

towards

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mindfulness as a universal human capacity. This universal human capacity is to be distinguished from the mindful awareness practices that enable us to access a mindful state. For Ellen Langer, the

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**primary mindful
awareness practice
is the ordinary
capacity of
noticing.**

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without Meditation~~
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**Counterclockwise.
Advance Praise;
From Chapter One**

~~Ellen Langer~~
Ellen J. Langer¹
**Department of
Psychology,
Harvard
University,
Cambridge,
Massachusetts**

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Abstract

**Mindfulness,
achieved with out
meditation, is
discussed with
particular
reference to
learning. Being
mindful is the
simple act of
drawing novel
distinctions.**

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**Ellen J. Langer,
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**Psychology of
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She is also coeditor
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**Fellowship and
numerous awards
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**Mindfulness is a
book about how
and why**

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mindlessness

**develops and the
affects**

**mindlessness has
on our body and
quality of life. The
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the categories and
rules we learn when**

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**we're young affect
our mindlessness
by creating
automatic
behaviors and
limiting our
perspective.**

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Langer is a
professor of
psychology at
Harvard
University. She has
been described as
the “mother of
mindfulness” and
has written
extensively on the**

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**illusion of control,
mindful aging,
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making, and
health.**

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**The following
article, by
Christine**

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**Kawakami, Judith
White, and Ellen
Langer, extends the
concept of
mindfulness to the
personal
characteristics and
gender roles
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in the business
world. As Langer
(1989) noted,**

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**mindfulness keeps
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present.**

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**Ellen J. Langer Dr.
Ellen Langer is a
professor in the
Psychology**

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**Department at
Harvard
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books written for
general and
academic readers
include
Mindfulness and
The Power of
Mindful Learning,
and the
forthcoming**

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Mindful Creativity.

~~**Ellen J. Langer**~~

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artist and Harvard
psychology**

professor who

authored 11 books

on the illusion of

control, perceived

control, successful

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**aging and
decision...**

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— Ellen J. Langer,
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likes. Like “Instead
I invite you to
consider why you
laughed at a joke

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the last time you did. If the punch line made you realize that the story could be understood in a way other than how you first heard it, you have experienced a moment of mindfulness.” —

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we get there, either
through ...**

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**Harvard professor
of Psychology in
her book**

**Mindfulness, states
that mindfulness
helps us to break
the routine and
other automatic
behaviors which
leads to pain, error
and predetermined
course of action of**

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life.