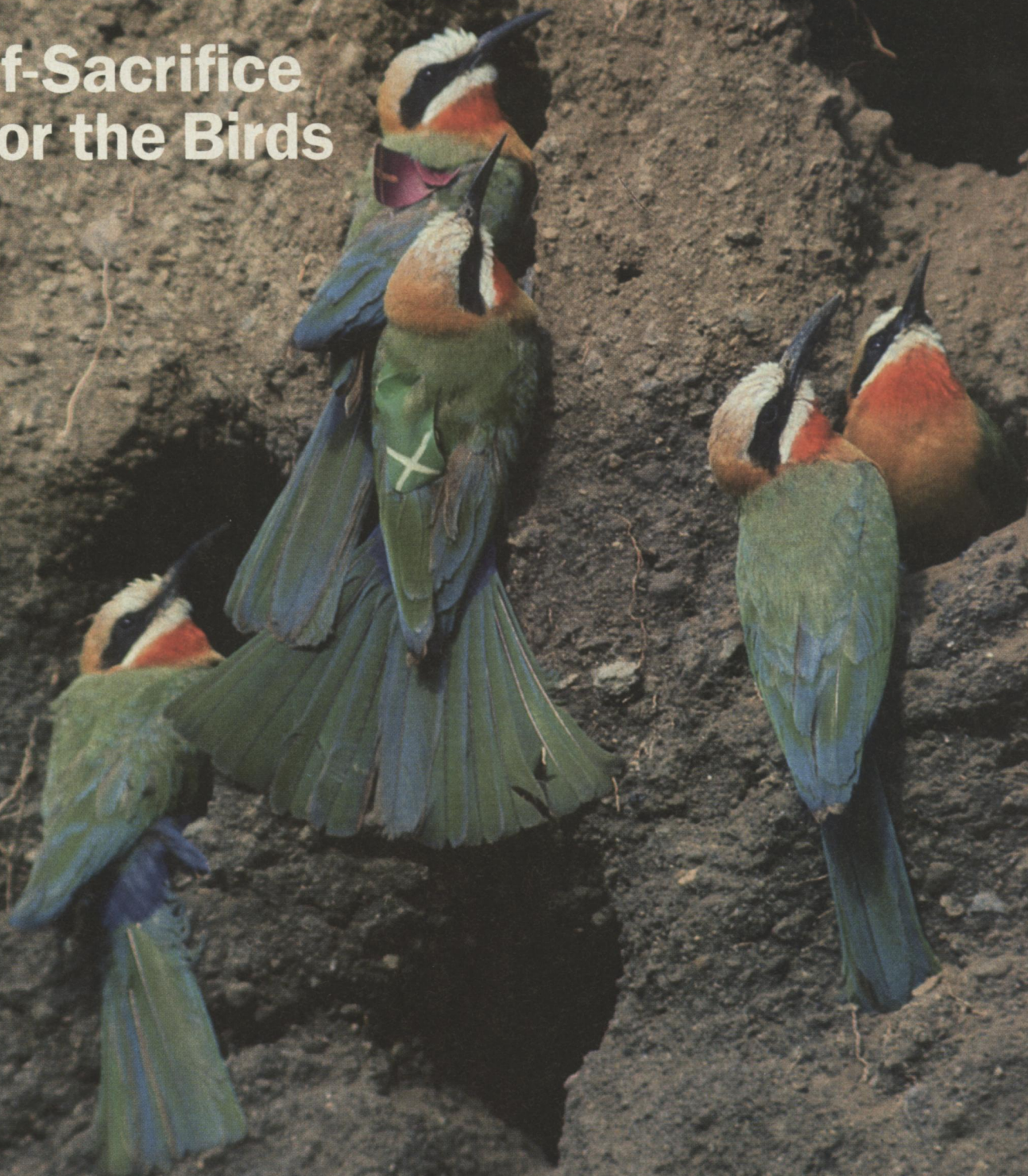


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Self-Sacrifice Is for the Birds



MINDFULNESS By Ellen J. Langer

Langer brings the essence of fifteen years of her own original and important research in social psychology directly into our everyday lives. Central to her work is the double-edged concept of mindfulness/mindlessness. When we are mindless, we are like programmed automatons, treating information in a single-minded and rigid way, as though it were true regardless of the circumstances. When we are mindful, we are open to surprise, oriented in the present moment, sensitive to context, and above all, liberated from the tyranny of old mindsets. Using apt and entertaining stories and images in the kitchen, at the copying machine, on the tennis court and at the cash register — as well as in the doctor's office, the divorce court, the cockpit of major airlines or the nursing home — Langer helps us understand these states, and then shows us how it is possible both to avoid the tragic and far-reaching consequences of mindlessness and to reap the startling benefits of mindfulness: in health, productivity, overcoming addictions, avoiding burnout and increasing our control and potential as we grow older.

— from the publisher

Addison-Wesley, 1989, 234 pages, 8½" x 5½", hardcover, \$16.95
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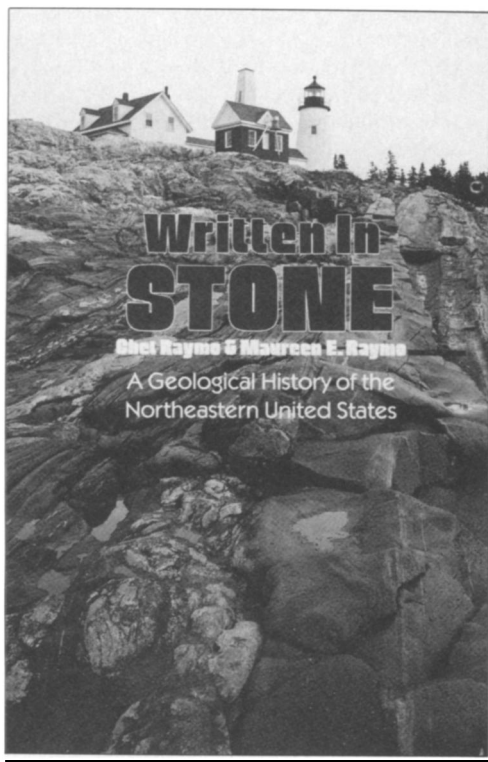
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Globe-Pequot, 1989, 163 pages, 8¾" x 5½", hardcover, \$18.95 ISBN 0-87106-680-7

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