

Contents

Notes on Editors	ix
Notes on Contributors	xi
General Introduction	xxxi
Part I Origins and Theory	1
1 Mindfulness Forward and Back <i>Ellen J. Langer</i>	7
2 Thriving With Uncertainty: Opening the Mind and Cultivating Inner Well-Being Through Contemplative and Creative Mindfulness <i>Daniel J. Siegel and Madeleine W. Siegel</i>	21
3 Eastern and Western Approaches to Mindfulness: Similarities, Differences, and Clinical Implications <i>James Carmody</i>	48
4 From Early Buddhist Traditions to Western Psychological Science <i>Andrew Olendzki</i>	58
5 Mindfulness Meditation from the Eastern Inner Science Tradition <i>Carin Muhr and Lene Handberg</i>	74
6 Exemplifying a Shift of Paradigm: Exploring the Psychology of Possibility and Embracing the Instability of Knowing <i>Sayyed Mohsen Fatemi</i>	115
7 Art of Mindfulness: Integrating Eastern and Western Approaches <i>Maja Djikic</i>	139
Part II Consciousness, Cognition, and Emotion	149
8 Mindfulness: An Antidote for Wandering Minds <i>Michael D. Mrazek, James M. Broadway, Dawa T. Phillips, Michael S. Franklin, Benjamin W. Mooneyham, and Jonathan W. Schooler</i>	153

9	Mindfulness: Deautomatization of Cognitive and Emotional Life <i>Yoona Kang, June Gruber, and Jeremy R. Gray</i>	168
10	Toward a Mindful–Unmindful Cognitive Style: Lessons from the Study of Field Dependence–Independence <i>Jack Demick</i>	186
11	The Motivated and Mindful Perceiver: Relationships Among Motivated Perception, Mindfulness, and Self-Regulation <i>Emily Balcetis, Shana Cole, and Sana Sherali</i>	200
12	Mindfulness, Interest-Taking, and Self-Regulation: A Self-Determination Theory Perspective on the Role of Awareness in Optimal Functioning <i>C. Scott Rigby, Patricia P. Schultz, and Richard M. Ryan</i>	216
13	Mindful Mindlessness in Goal Pursuit <i>Ana P. Gantman, Peter M. Gollwitzer, and Gabriele Oettingen</i>	236
14	Mindful Versus Mindless Thinking and Persuasion <i>Andrew Luttrell, Pablo Briñol, and Richard E. Petty</i>	258
15	Mindfulness and Heuristics <i>Wray Herbert</i>	279
16	I-D Compensation: Exploring the Relations Among Mindfulness, a Close Brush With Death, and Our Hunter-Gatherer Heritage <i>Leonard L. Martin, Matthew A. Sanders, Amey Kulkarni, Wyatt C. Anderson, and Whitney L. Heppner</i>	290
17	Answering Questions: A Comparison of Survey Satisficing and Mindlessness <i>David L. Vannette and Jon A. Krosnick</i>	312
18	The Impact of Mindfulness on Creativity Research and Creativity Enhancement <i>Shelley Carson</i>	328
19	Mediating Mindful Social Interactions Through Design <i>Kristina Niedderer</i>	345
20	On Being Mindful of Time <i>Stuart Albert</i>	367
21	Mindfulness and the Neuroscience of Influence <i>Emily B. Falk</i>	387
	Part III Leadership and Organizational Behavior	405
22	Organizing for Mindfulness <i>Kathleen M. Sutcliffe and Timothy J. Vogus</i>	407
23	Mindfulness and Organizational Defenses: Exploring Organizational and Institutional Challenges to Mindfulness <i>Silvia Jordan and Idar Alfred Johannessen</i>	424

Contents

vii

24	Mindful Leadership <i>James L. Ritchie-Dunham</i>	443
25	Mindfulness at Work <i>Michael Pirson</i>	458
26	Two (or More) Concepts of Mindfulness in Law and Conflict Resolution <i>Leonard L. Riskin</i>	471
27	Mindfulness in Law <i>Scott L. Rogers</i>	487