



## **Mindfulness: Diverse Perspectives on its Meaning, Origins and Applications**

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# Mindfulness: Diverse Perspectives on its Meaning, Origins and Applications

## Mindfulness: Diverse Perspectives on its Meaning, Origins and Applications

Mindfulness-based approaches to medicine, psychology, neuroscience, healthcare, education, business leadership, and other major societal institutions have become increasingly common. New paradigms are emerging from a confluence of two powerful and potentially synergistic epistemologies: one arising from the wisdom traditions of Asia and the other arising from post-enlightenment empirical science.

This book presents the work of internationally renowned experts in the fields of Buddhist scholarship and scientific research, as well as looking at the implementation of mindfulness in healthcare and education settings. Contributors consider the use of mindfulness throughout history and look at the actual meaning of mindfulness whilst identifying the most salient areas for potential synergy and for potential disjunction.

Mindfulness: Diverse Perspectives on its Meanings, Origins and Applications provides a place where wisdom teachings, philosophy, history, science and personal meditation practice meet. It was originally published as a special issue of *Contemporary Buddhism*.

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