THE UNIVERSITY OF MEMPHIS

RLGN 3103-M50

What is Mindfulness?



A Critical and Comparative Study of Mindfulness

Mindfulness is everywhere, from meditation apps and mental health practices to popular culture. But what is mindfulness, and does it live up to its promises? This course explores the Buddhist origins and philosophical development of mindfulness, its contemporary applications, and criticisms of the modern mindfulness movement. Students will consider what mindfulness means and whether it can contribute to personal well-being.

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ONLINE
ASYNCHRONOUS
1 CREDIT HOUR