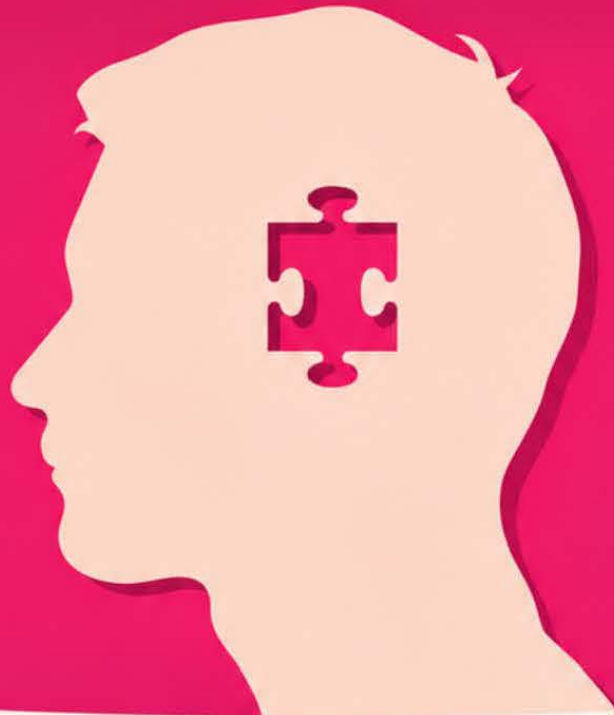


What is Mindfulness?



HISTORIES • PHILOSOPHIES • PRACTICES • CONTEMPORARY DEBATES

A Critical and Comparative Study of Mindfulness

The concept of mindfulness has undergone a revolution in recent years and entered the cultural mainstream. Endorsements to Psychologists tell us to slow down while celebrities caution us to pay attention. Fitness trainers ask us to focus on our breathing and Monks urge us to meditate. Magazines are dedicated to Mindfulness and apps promise to unclutter our minds in just ten minutes a day.

The mindfulness movement has seen its fair share of good and bad; its ubiquity has earned it the label 'McMindfulness'.

This course will examine the history and philosophical developments of mindfulness in Buddhism and Western philosophy as well as current developments of mindfulness in mental health, smartphone apps, and eco-mindfulness.

This course will explore the Buddhist origins of Mindfulness, the development of Mindfulness-based stress reduction (MBSR), and critics of the mindfulness movement. Students are encouraged to decide for themselves what mindfulness means to them and if it may offer positive benefits to their personal well-being.

