Contents

Critical Mindfulness of Psychology’s Mindlessness .................... 1
Sayyed Mohsen Fatemi

The Construct of Mindfulness Amidst and Along
Conceptions of Rationality ............................................. 25
Mihnea Moldoveanu

On the Way to Mindfulness: How a Focus on Outcomes
(Even Good Outcomes) Prevents Good Outcomes .................. 45
Maja Djikic

Understanding Confidence: Its Roots and Role in Performance ...... 55
Rosabeth Moss Kanter and Daniel P. Fox

Irrational Attachment (Why We Love What We Own) ................ 69
Dan Ariely, Matt Trower and Aline Grüneisen

Mindful Dissent ................................................................ 91
Stuart Albert

Psychobiography as a Means to Understanding Langer’s
Contributions to Psychological Science .................................. 101
Jack Demick

Mindfulness in Action: The Emergence of Distinctive
Thought and Behavior ..................................................... 129
Robin R. Vallacher, Matthew S. Jarman and Steven S. Parkin

Priming the Mind to See Its Double: Mindfulness in a New Key .... 145
Louise Sundararajan and Sayyed Mohsen Fatemi

Langerian Mindfulness and Optimal Sport Performance ............. 159
Amy L. Baltzell and John M. McCarthy

Health and the Psychology of Possibility ............................... 173
Deborah Phillips and Francesco Pagnini
<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen Langer: Philosophy, Autobiography, and a Healing Quest</td>
<td>183</td>
</tr>
<tr>
<td>James Rhem</td>
<td></td>
</tr>
<tr>
<td>Possible Components of Mindfulness</td>
<td>193</td>
</tr>
<tr>
<td>Michael Lamport Commons and Dristi Adhikari</td>
<td></td>
</tr>
<tr>
<td>Erratum to: Mindfulness in Action: The Emergence of Distinctive Thought and Behavior</td>
<td>E1</td>
</tr>
<tr>
<td>Robin R. Vallacher, Matthew S. Jarman and Steven S. Parkin</td>
<td></td>
</tr>
<tr>
<td>Index</td>
<td>207</td>
</tr>
</tbody>
</table>
Critical Mindfulness
Exploring Langerian Models
Fatemi, S.M. (Ed.)
2016, XX, 212 p. 2 illus., Hardcover
ISBN: 978-3-319-30781-7