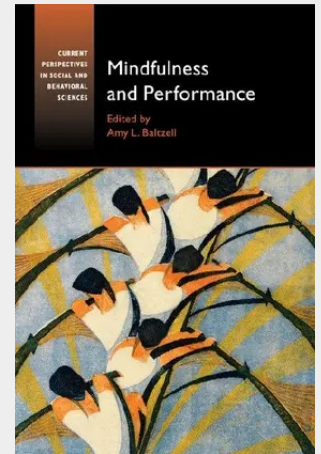


Mindfulness and Performance

Incorporating the theoretical conceptualizations of Jon Kabat-Zinn and Ellen Langer, this volume illustrates how performers from a variety of disciplines - including sport, dance and music - can use mindfulness to achieve peak performance and improve personal well-being. Leading scholars in the field present cutting-edge research and outline their unique approach to mindfulness that is supported by both theory and practice. They provide an overview of current mindfulness-based manuals and programs used around the globe in countries such as the United States, China and Australia, exploring their effectiveness across cultures. Mindfulness and Performance will be a beneficial reference for practitioners, social and sport psychologists, coaches, athletes, teachers and students.

This volume gives an overview of cutting-edge research on mindfulness and its practical applications for maximizing performance and personal well-being.



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