

Index

Page numbers in *italics* refer to figures and those in **bold** refer to tables.

- Abhidharma, 652
- abstinence violation effect (AVE), 918
- abstraction, 89, 620–621
- acceptance, 169–171, 635, 676, 706, 987
- of body, 926
 - of chronic pain, 712–713
 - clinical attitude of, 664
 - close brush with death effects, 294–296
 - deautomatization and, 179–180
 - mindfulness mechanisms, 902–904
 - provoked vestibulodynia management, 872
 - social anxiety disorder relationship, 757–758, 760
 - teaching intentions, 1099
 - trauma victims, 742, 780
 - of uncertainty, 663
- Acceptance and Commitment Therapy (ACT), 527, 706–707, 768, 778, 988
- chronic pain, 712–714
 - decreasing experiential avoidance, 541–542
 - diabetes, 905–906
 - mindfulness in, 711–712
 - obsessive-compulsive disorder, 744
 - social anxiety disorder, 740–741, 760
- Acceptance-Based Behavior Therapy (ABBT), generalized anxiety disorder, 738–739
- accountability, organizational mindfulness and, 427, 434
 - acquaintance script, 282
 - acquiescence bias, 317–318
 - acting from a single perspective, 118–124, 292
 - active construction, 201, 203–205
 - adaptive experts, 589
 - addiction, 550, 794–795
 - attentional bias, 543
 - Buddhist perspective, 798–799
 - mindfulness training effects, 799–808, 808
 - attentional bias modification, 805–806
 - cognitive appraisal accuracy, 799–800
 - craving regulation, 806–807
 - drug-use action scheme, 804–805
 - emotional regulation, 800–801
 - reward experience, 803–804
 - stress reactivity, 800, 802–803
 - suppression, 807–808

The Wiley Blackwell Handbook of Mindfulness, First Edition.

Edited by Amanda Ie, Christelle T. Ngnoumen, and Ellen J. Langer.

© 2014 John Wiley & Sons, Ltd. Published 2014 by John Wiley & Sons, Ltd.

- addiction (*Continued*)
 neurocognitive model, 795–798
 relapse, 803
see also alcohol dependence; substance-use disorders
- adherence evaluation, 785–786
- adolescents, 1074
 peer influence, 393
see also young people
- affect *see* emotions
- affective commitment, 417
- affective priming, 8
- affliction, 654, 656
- Afghanistan conflict, 966, 975–976, 979
- aggression, 282–284
 bias-modification training, 283–284
- aging studies, nursing-home residents,
 9–10, 51–52, 180, 450, 853
- agoraphobia, 744–745
- agriculture-based societies, 300–308
- alcohol dependence, 794–795
 mindfulness-based intervention effects,
 544, 547–548
 suppression effects, 547
see also addiction; substance-use disorders
- alcoholism, 287–288
- alienation effect, 1062
- allostasis, 22–23, 915
- allowing, clinical attitude of, 664
- alpha waves, 339
- Alzheimer's disease (AD), 638–639
- ambiguity, 544, 1058
- ambivalence, 261–262
- amygdala, 682, 1097
see also brain
- amyotrophic lateral sclerosis (ALS), 855
- Anderson, Warren, 493
- anger, 356
- anorexia, 934
see also eating disorders
- anterior cingulate cortex (ACC), 159, 682,
 1021
see also brain
- anterior insula (AI), 159, 389, 682, 1021
see also brain
- antidepressants, 720
 versus Mindfulness-Based Cognitive
 Therapy (MBCT), 724
- antidotes, 677
 use in therapy, 675–680
 compassion, 676–677
 exercises, 678–680
- anxiety, 734, 835
 military professionals, 965–966
 mindfulness relationship, 734–736
 mindfulness-based intervention effects,
 537
 Acceptance and Commitment Therapy
 (ACT), 736
 Mindfulness-Based Cognitive Therapy
 (MBCT), 736, 738
 Mindfulness-Based Stress Reduction
 (MBSR), 735–736
 during pregnancy, 881
 consequences of, 882
 prevention, 882–892
 sport performance relationships, 1016
- anxiety disorders, 732, 737–745
 attentional bias, 543
 comorbidity, 536
 generalized anxiety disorder, 737–739
 obsessive-compulsive disorder, 742–744
 panic disorder, 744–745
 post-traumatic stress disorder, 650,
 741–742, 776–787
 social anxiety disorder, 739–741,
 755–769
see also specific disorders
- Apollo 13 mission, 466
- applied positive philosophy, 1126–1127
- appraisal, 544–545
 automatic, 545
 mindfulness-based interaction effects,
 800
see also reappraisal
- Appropriate Dispute Resolution approach,
 481
- archery, 1007
see also sports performance
- argument, 1110–1111
- articulated perception, 187–188
- assumptions, 128–129
see also premature cognitive commitment
- a-temporal logic of probability, 367–369
- athletic performance *see* sports performance
- Atiśa, 74

- attention, 25, 35, 218, 638–639, 1090
versus awareness, 218
beneficial effects of, 72
broadened attentional focus, 335
children, 1040–1041
deautomatization and, 175–177
development of, 987
in life-philosophical lecturing,
1111–1112, 1114–1115
mindfulness effects, 993
disorders of, 639
eating disorders, 916
interest-taking, 217, 219–220, 228
laterality, 31
mindfulness impact, 1040–1041
mindfulness mechanisms, 902–904
motivation effects, 205–207
paying attention, 169, 489, 588, 639,
988
to fixed aspects of stimuli, 142
in medical practice, 588, 591–592
mindfulness mechanisms, 989
to variability, 10–11, 860
perception relationship, 543
performance relationship, 990–991
receptive, 339
regulation, 139, 175–176, 586, 970
in Eastern mindfulness, 50, 53–54
in female sexual desire/arousal
dysfunction, 869
focus, 987, 1040–1041
in life-philosophical lectures,
1114–1115
military professionals, 970–973, 980
neuroplasticity role, 978
self-focused attention, 756–757
social anxiety disorder relationship,
756–757, 758–759
sport performance relationships,
1012–1016
Eastern mindfulness and, 1013–1015
Langer’s mindfulness and, 1015–1016
sustained attention, 154, 170–171
in meditation, 159
training, 176, 639–642
post-traumatic stress disorder, 779
social anxiety disorder, 758–759
young people, 1040–1041
- attention deficit hyperactivity disorder
(ADHD), 620
medication issues, 621–622, 624
attentional bias, 543–544
chronic pain, 544
mindfulness-based intervention effects,
544, 805–806
substance-use disorders, 543, 544,
805–806
Attentional Blink task, 250
attentiveness, 142, 169, 489, 588
in automaticity, 591–592
in medical practice, 588, 591–592
see also attention
attitudes, 259, 1090, 1091, 1099
ambivalent, 261–262
embodiment effects on, 269
mindful change, 260–266
persuasion to change, 259–260
strength of, 262
attribution theory, 52
audit society, 434–435
Austin, J., 564–566
authenticity, 292
automaticity, 170, 172, 173, 237, 569
appraisal, 545
deautomatization, 168, 170, 172–180
drug-use behavior, 804–805
eating behavior, 918–919, 938
goal-directed behavior, 238
habit, 237–238
in medical practice, 591–592
see also mindlessness
Auto-Motive Theory, 248
autonomic nervous system, 958
mindfulness-based intervention effects,
781, 971–972
polyvagal theory of regulation, 1097
autonomy, 226–227
continuum of, 221–225
external regulation, 222–223
identified regulation, 223–224
integrated regulation, 224
intrinsic motivation, 222, 337–338
introjected regulation, 223
processes of internalization,
224–225
immediate-return societies, 298–299

- autonomy (*Continued*)
 support, 226, 228
see also self-regulation
- aversion, trauma patients, 650
- avoidance
 experiential, 541–543, 712
 mindfulness-based intervention effects,
 542, 780–781
 trauma patients, 650, 790–791
see also suppression
- awareness, 34–35, 40, 66, 170, 218, 620
 versus attention, 218
 of awareness, 42
- bodily awareness, 50, 53, 267–271, 942
 eating problems and, 926
 in female sexual desire/arousal
 dysfunction, 869–870
 teaching intentions, 1099
- deautomatization and, 173–175
- development of, 987
- eating behavior, 915–916
 fullness awareness, 924
 hunger awareness, 924
 mindful eating program, 940, 941–942
- emotional, 219–220
- goal awareness, 249–251
- intensity of, 565
- interest-taking, 217, 219–220, 228
- interoceptive, 915–916
- meta-awareness, 158–160
- mindful awareness, 216
- mindfulness mechanisms, 902–904
- of mind-wandering, 159
- motivated perception and, 201, 205–207
- openness concept, 220–221
- self-determination theory and, 217–220
- social anxiety disorder relationship, 757,
 758–759
- stress awareness, 954–955
- task-relevant awareness, 991
- thoughts and feelings, 175
 mindful eating program, 925–926
- wheel of, 41, 41
see also consciousness; self-awareness
- back pain, 836
- Bakhtin, Mikhail, 1088–1089
- balanced scorecard, 450–451
- Balint, Michael, 589
- Baraz, James, 499
- basketball, 995
see also sports performance
- beginner's mind, 533, 664, 1071
 in medical practice, 589
- behavior change, mindful design for,
 345–348
- behavioral commitment, 427
- behaviorism, 70
- behaviors, 63
- being
 knowing relationship, 133–134
 stage of, 130–134
- being-doing divide, 140
- benches, public
 Droog Design bench, 347–348, 347,
 351–352, 356, 360–361
 mindful design of, 348–352, 356
 mindless use of, 348, 349–351
- Benson, Herbert, 2, 502
- Berkeley Law, 500, 503, 506–507
- bias-modification training, 283–284
- Big Five personality traits, 193–194
- Bijleveld, E., 250
- binge eating, 916–917, 920, 934
 mindfulness-based intervention effects,
 927–929
see also eating disorders
- binocular rivalry, 206–207, 208
- Bishop, S. R., 564–565
- Blake, William, 338
- blame, as impediment to organizational
 mindfulness, 427, 434–435
- body, 84
 imagery-body, 78, 82
 mind relationship, 2, 12, 14–17, 76–81
 comparison of approaches, 108–109
 dualism, 11, 268, 385
 interdependence, 76, 108, 268,
 853–854
 mindfulness of, 84–87
 negative feelings about with eating
 disorders, 926, 927
 subtle body, 76, 77–78, 81
see also body awareness

Index

1147

- Body Adjustment Test (BAT), 188
- body awareness, 50, 53, 267–271, 926, 942
in female sexual desire/arousal
dysfunction, 869–870
teaching intentions, 1099
- body scan, 938
young people, 1078–1079
- body sense, 84–87
- bottom-up processing, 26–27, 26
- brain, 388–391
anticipatory function, 27–28
cortical asymmetry, 30–34
mindfulness-associated changes, 389–390,
540, 681–682, 1043–1044
functional changes, 389–390, 681,
779–780
meditation effects, 1021, 1075
structural changes, 389, 502, 681,
1021, 1043
neocortex architecture, 26–27
plasticity, 388
reward system, 392–394
see also neuroimaging studies
- brain activation
alpha waves, 339
brain-mapping studies, 397
creativity and, 338–340
gamma waves, 340
theta waves, 339
see also brain
- brain-as-predictor model, 397
- bravery, 965, 980
importance in military professions, 965
- breathing
introduction to young people, 1076
paying attention to, 50, 53
see also mindful breathing
- Broaden-and-Build Theory of Positive
Emotions, 900, 904, 1117
- broadened attentional focus, 335
- Brown, K. W., 217–218
- Buddha, 61–62, 66, 1094
- Buddhism, 68–70, 632, 652–657, 1087,
1094–1095
authority issues, 693–694
craving and, 798–799
finance issues, 693
- mindfulness concept, 66–68, 653
healing perspectives, 768–769
integrity and, 62–64
wisdom and, 64–65
- Mindfulness-Based Stress Reduction
impacts, 690–695
gains from MBSR, 693–695
losses from MBSR, 690–693
perception and reality, 653–655
realms of experience, 655–657
scandals, 694–695
Western experience, 68–70
see also Eastern approach to mindfulness
- bulimia, 934
see also eating disorders
- bureaucracy, 464
- Burma, 69
- burnout, medical professionals, 595–596
mindfulness-based intervention benefits,
598
- Burns, Michael, 492
- Burt, Robert, 497
- business schools, 414
- cancer, 574
cancer in remission example, 609
- caring
compassion, 595
empathy, 594–595
quality of, 593–595
see also clinicians
- catastrophizing
chronic pain and, 713–714
mindfulness mechanisms, 902
- categorical thinking
entrapment by, 124–126
in food choice, 937
- categorization, 666
- cell phones, 1083
mindful design, 347, 353, 361–362
mindless use of, 345–346, 352–353
- cells, 22–23
- Center for Contemplative Mind in Society,
497, 498
- central sensitization syndromes, 835–836
- Cerro Grande wildfire, 407–408, 419
- certainty, 12–13

- cessation, 54–55
 Challenger disaster, 432, 437
 challenging experience, tolerance for,
 970–973, 980
 chambermaid study, 15
 chameleon effect, 8
 change
 attitudes, 259–260
 perceptions of, 264
 behavior, design for, 345–348
 contextual, 711
 mindful, 260–266
 see also time considerations
 Chermak, Douglas, 500
 childbirth, 10–11
 children
 attention deficit hyperactivity disorder,
 620
 medication issues, 621–622, 624
 evidence for mindfulness benefits,
 1038–1040
 attention, 1040–1041
 learning, 1040
 mental health, 1041–1042
 social and emotional impacts, 1042
 teaching mindfulness to, 1045–1048
 long-term, integrated approach,
 1047–1048
 need for different approach to adults,
 1046–1047
 need for experimentation, 1046
 skills and attitudes, 1045–1046
 see also educational research; schools;
 young people
 China, 69
 choice, 9–10, 12–14, 141, 143–144,
 978
 in mindful design, 352
 reliance on past experience, 141
 see also food choice
 chronic fatigue syndrome, 836, 840
 chronic illness, 12, 13, 852–862
 mindfulness-based interventions,
 857–861
 mindfulness exercises, 859–861
 prevalence, 852
 symptom perception, 856
 uncertainty and, 856–857
 see also cancer; diabetes; obesity
 chronic pain, 705–706, 712–714, 837, 842
 mindfulness-based interventions, 537,
 707–710
 Acceptance and Commitment Therapy
 (ACT), 712–714
 attentional bias modification, 544
 online mindfulness program, 575–580,
 576–577
 see also pain
 clinicians, 584–585, 695–698
 attentiveness, 591–592
 burnout, 595–596
 cognitive disposition to respond, 592–593
 compassion, 595
 decision-making, 619
 empathy, 594–595
 epistemic responsibility, 617, 619
 lack of self-awareness, 584–585, 593
 mindfulness-based interventions for,
 597–599
 improvements in the clinician's life and
 work, 697–698
 meditation benefits, 695–696
 mindfulness as a way of life, 697
 outcome measures, 598
 reflective questions, 597, 598
 need for community, 598
 see also healthcare; medical practice;
 therapeutic relationship
 close brush with death, 290, 293–296,
 305–306
 drift back to self, 296–297
 cognition
 mindfulness effects on, 992–994
 implications for schools, 1040
 performance relationships, 990–992
 research, 126
 cognitive appraisal *see* appraisal
 cognitive behavioral group therapy (CBGT),
 social anxiety disorder, 740, 759
 cognitive behavioral therapy (CBT), 641
 chronic pain, 705
 psychophysiological disorders, 842
 see also Mindfulness-Based Cognitive
 Therapy (MBCT)

- cognitive biases, 282
 - bias-modification training, 283–284
 - cognitive bias modification (CBM)
 - technique, 288
 - negativity bias, 282–284, 539
- cognitive closure, need for, 263–264
- cognitive commitment, 446
- cognitive defusion, 706, 708
- cognitive flexibility, 176–177, 192, 261, 335–337
 - see also* psychological flexibility
- cognitive interviewing, 321, 323
- cognitive load theory, 1058–1059
- cognitive performance
 - stress inoculation training effects, 967, 974
 - working memory capacity relationship, 971, 974–975
- cognitive response theory, 261
- cognitive styles, 186–187, 189
 - mindfulness as, 195–196
 - see also* field dependence–independence (FDI)
- Cohen, Judi, 509
- collective mind, 409
- collective mindfulness, 408, 425, 461
 - see also* organizational mindfulness
- Color–Word Test, 193
- coming back to one’s senses, 84–85
- commitment, normative, 417
- committed action, 706
- communication
 - mindful, 587
 - program for physicians, 597–599
 - mindful organizations, 466
- comorbidity, 536
 - anxiety disorders, 536
 - depression, 536
 - chronic disease, 853
 - diabetes, 899
 - post-traumatic stress disorder, 841–842
- compartmentalization, 223
- compassion, 595, 676–678, 1095
 - clinicians, 595
 - teaching intentions, 1099–1101
 - see also* self-compassion
- compassion generating exercises, 53
- Compassion-Focused Therapy (CFT), social
 - anxiety disorder, 764–766
 - compassionate mind training, 765–766
- compensation, 303
- competence, 225–226
- competitive performance *see* sports
 - performance
- complexity, 443–444
 - in mindful design, 352, 353
- concentration
 - one-pointed, 81, 82
 - training, 666, 759
 - see also* attention
- conceptual attachments, 534
- conceptual categories, 13–14
- conceptual mind, 77, 79–81, 88–92
 - dominance of, 96–97
- conditional language, 116, 825
 - increasing situational mindfulness, 1057
 - in life-philosophical lecturing, 1116
- conditional learning, 824, 1092
- conditional thinking, 1116
- confidence, 676
 - in thoughts, 265
 - bodily effects, 269–270
 - see also* self-confidence
- confirmation bias, 450
- conflict, intractable, 1132–1133
 - see also* peace education
- conflict resolution, 462–463
 - broadening perspectives, 479–481
 - mindfulness in, 474–482
 - see also* dispute resolution; peace education
- conformity, 392–394
- confrontational styles, 1065
- Connon, Richard, 496
- conscious action, 237–238
 - goal pursuit, 238–247
- conscious reinvestment, 250
- consciousness, 58–59, 64–66
 - ancient studies, 61
 - versus mental content, 221
 - states of, 565–566, 668
 - mindfulness as a state of, 1106–1107
 - see also* hypnotic therapy
 - Western studies, 70
 - see also* awareness

- consilience, 126–127
 contemplative mindfulness, 21, 40, 41, 42
 contentment, 765
 contextual change, 711
 contextual sensitivity, 568–570
 contracts, 301
 controlled processing, 17
 controlling feedback, 225–226
 convergent thinking, 334–335, 334
 conversion disorders, 835
 coping, 305
 - eating behavior and, 916–917
 - mindful coping model, 538
 - trauma victims, 741–742
 cortical asymmetry, 30–34
 - left shift, 32
 cortisol, 545, 781, 951
 COTLETA (Cause One Thing Leads to Another), 1133
 courage *see* bravery
 craving, 141, 142, 143, 795–796
 - Buddhist perspective, 798–799, 1094
 - mindfulness training effects, 806–807
 creative mindfulness, 22, 29, 41, 42
 creativity, 328–329
 - brain activation studies, 338–340
 - characteristics of creative people, 331–338
 - creative thinking skills, 334–337
 - intrinsic motivation, 337–338
 - personality traits, 332–334
 - definition, 330
 - importance of, 330–331
 - mindful organizations, 465–467
 - stages in the creative process, 338
 credit cards, 379
 critical curiosity, 588–589
 cue reactivity, 795–796
 cultural environments, 612
 culture, 90
 - legal, 488
 - organizational, 464–465
 Davidson, Richard, 2, 3
 de Mestral, George, 335
 de-centering, 177–178, 221
 death *see* close brush with death
 deautomatization, 168, 170, 172–180, 1090
 - acceptance and, 179–180
 - attention and, 175–177
 - awareness and, 173–175
 - drug-use, 804–805
 - focus on the present moment and, 177–178
 - mechanism, 173
 debate, 1065–1066, 1110–1111
 decentering, 540, 708, 989, 1090
 decision-making, 467
 - medical decisions, 619
 - doctor–parent–child interactions, 622
 - patient empowerment, 617, 619
 - mindful organizations, 467–468
 - predecision information seeking, 1135–1136
 default mental activity, 638–639
 deference to expertise, 412, 428, 432–433
 defusion, 542
 delayed-return societies, 300–305
 - I-D compensation theory, 302–303
 depression, 124, 835
 - antidepressant therapy, 720, 724
 - comorbidity, 536
 - chronic disease, 853
 - during pregnancy, 882–883
 - major depression, 538, 719–720
 - mindfulness-based intervention effects, 537
 - empirical support, 723–724
 - mechanisms of change, 725–726
 - Mindfulness-Based Cognitive Therapy (MBCT), 538, 699, 721–728
 - postpartum, 882
 - relapse, 720–721
 - prevention, 721
 desensitization, 221
 design
 - for behavior change, 345–348
 - mindful design, 346
 - for behavior change, 345–348
 - cell-phone example, 347, 353, 361–362
 - public-bench example, 348–352, 360–361
 desirability, goal selection and, 239–240

- desire, illusory, 143–144
 Dharmakirti, 84, 88
 diabetes, 898–909
 comorbidities, 899
 complications of, 898–899
 costs of, 899
 mindfulness training effects, 900–901, 904–909
 blood pressure, 905, **905**
 future directions, 909
 glycemic control, 905, **905**
 mood states, 906
 outcome measures, 904
 solid organ transplant recipients, 906–907, **907**
 obesity relationship, 898
 self-management issues, 899–900
 type 1, 898
 type 2, 898
 Diabetes Attitudes, Wishes and Needs (DAWN) study, 899
 diabetic neuropathy, 906
 diagnoses, 858, 861–862
 Dialectical Behavioral Therapy (DBT), 527, 709, 778, 938, 989
 DiaMind program, 907–908
 Dignaga, 84, 88
 discourse, 1088–1089
 discrimination of differences, 570
 disease *see* illness
 disenchantment, 68
 disengagement, 464
 dispositional mindfulness, 995–996, 1056
 nurturing interventions, 1057–1058
 dispute resolution
 Appropriate Dispute Resolution approach, 481
 mindfulness in, 474–482
 interactions between mindfulness approaches, 481–482
 see also conflict resolution; legal profession
 disruptive enactment, 610, 622–624
 distinction-drawing, 10
 distraction, by technology, 1073
 see also nondistraction
 divergent thinking, 334–335, 334
 diversity management, 461–462
 doing–being divide, 140
 Door-In-The-Face technique, 260
 dopamine, 393, 795, 804
 dorsal anterior cingulate cortex (dACC), 389
 see also brain
 double-loop learning, 428–429, 448
 dreams, 92
 driving ability study, 191–192
 Droog Design bench, 347–348, 347, 351–352, 356, 360–361
 drug-use *see* addiction; substance-use disorders
 dualism *see* mind–body relationship
 duality *see* unity in duality (UD)
 dwelling strategy, 240
 dynamic representations, 27
 Eastern approach to mindfulness, 1–2, 48–51, 140–142, 329, 472–473, 987
 comparisons of approaches, 52–55, 72–73, 103–109, 458–460, 953–954
 being in the present, 107
 body–mind interrelation, 108–109
 interrelated nature of reality, 104
 minds/levels of the minds, 104–106
 integration of approaches, 143–144, 415–416, 564–567, 632–634
 nature of the problem in, 140, 143
 cause, 140–142
 solutions, 142
 see also mindfulness; Mindfulness-Based Stress Reduction (MBSR); traditional Mindfulness
 Eastern Inner Science (EIS), 74, 75–81, 110
 Eat, Drink & Be Mindful program, 936–945
 elements of, 937–938
 Dialectical Behavioural Therapy (DBT), 938
 Eastern mindfulness, 938
 Western mindfulness, 937–938
 emotional regulation, 936
 group teaching, 944
 individual teaching, 944
 intensive treatment, 944–945

- Eat, Drink & Be Mindful program
(*Continued*)
outline, 939–944
 awareness, 941–942
 being in the moment, 942
 being mindful of the environment,
 942
 compassion, 943–944
 letting go, 943
 mindful eating, 940–941
 mindfulness, 940
 nonjudgment, 943
 observing, 942
 relapse prevention, 944
 self-help options, 945
eating behavior, 913–914
 influencing factors, 914–918
 interoceptive awareness, 915–916
 self-criticism, 917–918
 stress, 916–917
 mindful eating, 913, 935–936, 940
 awareness of thoughts and feelings,
 925–926
 benefits of, 939
 body awareness and acceptance, 926
 food-choice awareness, 926–927
 food-choice experience, 925
 fullness awareness, 924
 hunger awareness, 924
 taste experience, 925
 training, 922–923
 see also Eat, Drink & Be Mindful
 program; Mindfulness-Based Eating
 Awareness Training (MB-EAT)
 mindless eating, 914–915
 automaticity, 918–919, 938
 self-management, 920
 self-regulation, 920–922, 922
 triggers, 921
 willpower and, 919–920
eating disorders, 916, 934
 anorexia, 934
 binge eating, 916–917, 920, 934
 bulimia, 934
 see also obesity
Ecological Momentary Assessment, 323,
 786
education, 1035
 legal education, 491
 mindlessness in, 1054–1055
 see also peace education; schools; teaching
 mindfulness
educational research, 1056–1065
 cognitive load theory, 1058–1059
 dispositional mindfulness, 1057–1058
 interventions to increase interest,
 1063–1065
 example choice, 1064
 personalization, 1064
 relevance intervention, 1063–1064
 interventions to increase learning,
 1060–1063, **1061**
 disrupting thought, 1062–1063
 problem-based learning, 1062
 variability introduction, 1061–1062
 situational mindfulness, 1057
 see also schools; teaching mindfulness
ego involvement, 223
egocentrism, overcoming, 1057–1058
Eightfold Path, 142, 1094
Elaboration Likelihood Model (ELM),
 127–128, 260, 261, 266–267, 395
elderly, 14–15
 nursing-home resident studies, 9–10,
 51–52, 180, 450, 853
electric utility example, 445–447
Elkins, James, 491–492
embarrassment, impediment to
 organizational mindfulness, 427, 433
Embedded Figures Test (EFT), 188
embodied cognition, 16
embodied mind, 35
embodied persuasion, 267–268
emotional feeling mind, 95–98
emotional intelligence, 190
emotional memory, 837
emotional reactivity, 538–539
 mindfulness-based intervention effects,
 538–539
emotional realm of experience, 655
emotional regulation, 179–180, 221, 394,
 1017
 dysregulation, 144–145
 eating behavior and, 916–917, 935

Index

1153

- mindfulness mechanisms, 902–904
- mindfulness-based intervention effects,
 - 537, 541
 - addiction and, 800–801
 - in female sexual desire/arousal dysfunction, 870
- performance relationship, 991
 - sport performance, 1017–1018
- emotions, 636
 - actions effected, 356–357
 - awareness of, 219–220
 - Broaden-and-Build Theory of Positive Emotions, 900, 904, 1117
 - immediate nature of, 354
 - mindless responses and, 347–348
 - social functional approach, 354–357
 - social interaction regulation, 355–356
 - sport performance relationships, 1016–1019
 - Eastern mindfulness and, 1016–1018
 - Langer's mindfulness and, 1018–1019
 - neuroplastic mechanisms, 1021
 - see also* emotional regulation
- empathy, 594
 - clinical attitude of, 665
 - clinicians, 594–595
 - narrative empathy, 614–615
- endocarditis, injecting-drug users, 827–828
- endowment effect, 8
- energy, 24, 37–38, 76
- energy flow, 24, 39–40
- energy realm of experience, 655, 656
- energy-company example, 445–447
- engagement
 - children, 1046–1047, 1079–1080
 - in medical practice, 589
 - mindful, 467–468
 - social, 1097
 - young people, 1079–1080
- entity theories, 264
- environments, 612
- epistemic disobedience, 619–630
- epistemic paternalism, 617
- epistemic responsibility, 617, 619
- Epstein, Ron, 645–646
- equanimity, 72, 667, 676, 1095
- Ericksonian hypnosis, 674–675
- ethics issues, 63–64, 72
- ethno-political conflicts, 1132–1133
 - see also* peace education
- Everett, D. L., 307
- evidence, medical, 619
- executive functions, 611, 621, 1040, 1072
 - mindfulness impact, 1040
 - mindfulness-based intervention effects, 779–780
- exercise, 15
- existential fear, 85
- experience, 66
 - challenging, tolerance for, 970–973, 980
 - ethical component of, 63–64
 - in life-philosophical lectures, 1112–1113
 - orientation to, 1118–1120
 - philosophy as an affective experience, 1113–1114
 - realms of, 655
 - self-referential nature, 77, 90–91
 - understanding, 68
 - see also* awareness; consciousness
- experience-dependent learning, 672–673
- experiencing mode of perception, 27–28
- experiential avoidance, 541–543, 712
 - mindfulness-based intervention effects, 542
- expert knowledge, 616–617
 - lay-expert interactions, 617, 619
- expertise, 589, 623
 - adaptive experts, 589
 - deference to, 412, 428, 432–433
 - novel distinction-making, 572–573
 - routine experts, 589
- explanatory vacuum, 249–250, 252
- explicit monitoring theory, 250
- exposure therapy, 179
 - social anxiety disorder, 766–767
- external regulation, 222–223
- extrinsic goals, 228–229
- Facebook, 1083
- failure, organizational preoccupation with, 410–411, 431–432
- failure of foresight, 418
- families, mindfulness practice, 1081–1082
- Fantasy Realization Theory, 239, 240

- Farkache, Nina, 347, 360
- farming-based societies, 300–308
- Fear-Then-Relief technique, 260
- feasibility, goal selection and, 239–240
- feedback, 384–385
- on performance, 225–226
 - representation as a musical score, 384–385, 385
 - social feedback, 394
 - standard feedback loop, 384
- Feedback Control Theory, 248–249
- feeling mind, 77, 79, 80, 93–100
- deep level of, 98–100
 - emotional feeling mind, 95–98
 - self-referential feelings, 93–95
- feeling realm of experience, 655
- feelings *see* emotions
- feeling-tone, 87–88
- female orgasmic disorder (FOD), 864, 865
- see also* sexual dysfunction in women
- female sexual interest/arousal disorder (SIAD), 864–865
- mindfulness-based intervention, 866–870
 - mechanisms, 869–870
 - see also* sexual dysfunction in women
- fibromyalgia, 709, 836, 838, 840, 841–842
- treatment effectiveness, 843–844
- field dependence–independence (FDI), 186
- concept origins, 187–190
 - field-dependent (FD) cognitive style, 187
 - field-independent (FI) cognitive style, 187
 - intelligence relationship, 189
 - mindfulness construct similarities, 194–195
 - mobility-fixity issue, 192–194
 - theory development, 191
 - value bias, 190, 191–192
- fight-or-flight response, 545, 656, 802, 949, 1097
- Five Facet Mindfulness Questionnaire (FFMQ), 632, 733, 735
- five sense minds, 77, 78, 80, 84
- five Skandhas (Heaps), 102
- Fleming, Alexander, 328, 335
- flexibility
- cognitive, 176–177, 192, 261, 335–337
 - goal pursuit, 248–249
 - organizational decision structures, 412
 - psychological, 542, 713–714
 - Acceptance and Commitment Therapy (ACT) effects, 542, 706 - in sport performance, 1009
- flow
- of energy, 24, 37–38, 76
 - mindfulness relationships, 1010–1012
 - attention and, 1014
 - Eastern mindfulness, 1010–1012
 - Langer's mindfulness, 1012 - in sport performance, 995, 1007, 1010
- food choice
- awareness, 926–927
 - categorical thinking, 937
 - experience, 925
 - see also* eating behavior
- football, 995–996
- see also* sports performance
- Foot-In-The-Door technique, 260
- foresight failure, 418
- formism, 570–571
- Foucault, Michel, 621
- Four Mindfulness Meditations, 74, 75, 81–102, 1095
- mindfulness of body, 84–87, 1095
 - mindfulness of feelings, 87–88, 1095
 - mindfulness of mind, 88–100, 1095
 - conceptual mind, 88–92
 - feeling mind, 93–100
 - mental-image mind, 92–93 - mindfulness of phenomena, 100–102, 1095
 - Śamatha meditation, 81–82, 100–101
 - unity of semi-Śamatha and semi-Vipassanā, 83
 - Vipassanā meditation, 82–83, 100–101, 111
 - see also* meditation
- fragmentary character of life, 608–609
- fullness awareness, 924
- functional magnetic resonance imaging (fMRI) studies *see* neuroimaging studies
- gamma waves, 340
- gaze perspective, 618

Index

1155

- General Motors, 331
generalized anxiety disorder (GAD),
737–739
mindfulness-based interventions,
738–739
genito-pelvic pain/penetration disorder
(GPPPD), 864, 865, 870
see also sexual dysfunction in women
global perception, 187–188
glycemic control, 899–900
mindfulness-based intervention effects,
905, 905
see also diabetes
Goal Content Theory (GCT), 228
goal projection, 248
goal pursuit, 200, 203–204
conscious, 238–247
conscious/nonconscious dichotomy,
251–252
goal awareness, 249–251
goal implementation, 238, 243–247
combined strategy, 246–247
implementation intentions, 243–246,
251
mindful planning, 244–245
mindless mechanism, 245–246
situational context effects, 243
goal proximity effect, 210–212
goal selection, 238, 239–243
determinants of, 239–240
mindful, 240–241
mindless, 241–243
heightened awareness and, 205–207
intrinsic versus extrinsic goals, 228–229
nonconscious, 238, 247–251
first generation research, 248–249
flexibility, 248–249
second generation research, 249–250
performance relationship, 991–992
social goals, 205–206
strength of goal commitment, 241
see also motivated perception
Goldstein, E., 678–679
Goldstein, Joseph, 497, 509
golf, 1007
see also sports performance
GPS system reliance, 9
Graduate Record Examination (GRE), 158
gratitude practice, 678–679
Group Embedded Figures Test (GEFT),
188, 190
group therapy
mindful eating program, 944
post-traumatic stress disorder, 784
social anxiety disorder, 740, 759
habit, 237–238, 253
breaking, 244
formation, 795–798
see also addiction; automaticity
Hale & Dorr, 475, 494–495
Halpern, Charlie, 497, 498
Hanh, Thich Nhat, 680
happiness, 3, 292, 676
Harappa civilization, 59
Harvard Law School, 491, 498–500
healing, 70–71
healthcare
organizational mindfulness, 413–414
patient empowerment, 617, 619
quality of care, 591–593
see also clinicians; medical practice
heart-rate variability, 802–803, 859
Heidelberger Diabetes and Stress Study, 908
hepatitis C infection, 818–819
liver disease and, 818–819
prevention strategies, 819–820
blood awareness promotion, 825
fitpack design, 826–827
mindfulness use, 824–825
peer education, 832–834
treatment, 828–829
see also injecting-drug use
heuristics, 280–288
heuristic-systematic model (HSM), 260
Hickey, Wakoh Shannon, 691–692
high-reliability organizations (HROs),
408–410, 418, 424–425, 436–437
hippocampus, 681, 682, 1074
see also brain
Hsee, Christopher, 284–285
human resource (HR) practices, 413
humor, 861
hunger awareness, 924

- hunter-gatherer societies, 290–291, 297
 - see also* immediate-return societies
- hyperglycemia, 899
 - see also* diabetes
- hypnotic therapy, 172
 - Ericksonian hypnosis, 674–675
 - experience-dependent learning, 672–673
 - relational-dependent learning, 673–674
 - state-dependent learning, 668–672
 - trauma patients, 668–680
 - contraindications, 683–684
- hypothalamic-pituitary-adrenal (HPA) axis
 - regulation, 781
- I-D compensation theory, 302–303, 307–308
 - empirical evidence, 303–305
- identified regulation, 223–224
- illness, 129
 - technological invention of disease, 618–619
 - see also specific conditions*
- illness model, 120–122, 124
- image mind, 77, 79, 80, 92–93
- imagery-body, 78, 82
- imagination
 - development, 621
 - political, 621
- iMINDr software application, 786
- immediate-return societies, 297–300, 306–307
 - fluidity, 298
 - I-D compensation theory, 302–303
 - living in the present, 299–300
 - randomly associated elements, 299
 - relational autonomy, 298–299
- impermanence, 64, 264, 654–655, 657, 1094–1095
 - self, 655, 870
- implicit ambivalence, 262
- Implicit Association Test (IAT), 220
- IMPROVED (Integrated Mindfulness for Provoked Vestibulodynia) program, 872–873
- improvisation, 465
- impulse-control problems, 919–920
- Incident Command System (ICS), 466
- incremental theories, 264
- independence, 226
- indulging strategy, 240–241
- influence techniques, 259–260
 - see also* persuasion
- informational feedback, 225–226
- injecting-drug use, 818–830
 - harms, 818–819
 - endocarditis, 827–828
 - hepatitis C prevention, 819–820
 - blood awareness promotion, 825
 - fitpack design, 826–827
 - mindfulness use, 824–825
 - peer education, 823–824
 - mindful practice, 822–823
 - promotion of, 825–827
 - mindless practice, 820–822
 - blood desensitization, 821
- see also* addiction; substance-use disorders
- innovation, 331, 465–466
 - see also* creativity
- inquiry, 447
 - stages of mindful inquiry, 665–668
- insecurity, 303
- institutional mindfulness *see* organizational mindfulness
- institutions, mindfulness introduction to, 1081
- integrated regulation, 224
- integration
 - interpersonal, 34
 - neural, 30–34
- integrity, 62–64
- intelligence, 571
 - emotional intelligence, 190
 - field dependence–independence (FI) relationship, 189
 - systems intelligence, 1121–1122
- Intensive Short-Term Dynamic Psychotherapy (ISTDP), 842
- intention, 1090, 1091
 - in life-philosophical lecturing, 1122–1125
 - centrality of, 1122–1123
 - intentional levels, 1123–1125
- interactive routines, 466–467
- interests, 480
 - interest-based negotiation, 480

Index

1157

- interest-taking, 217, 219–220, 228
 intergroup bias, 174–175
 internalization, 224–225
 Internet-based mindfulness programs,
 575–580, 576–577, 785
 interoception, 32
 interoceptive awareness, 915–916
 interpersonal goals, 205–206
 interpersonal neurobiology, 24
 interpersonal resonance, 1096–1097
 interrelated nature of reality, 75–81
 comparison of approaches, 103–104
 intimate detachment, 708
 intractable conflicts, 1132–1133
 see also peace education
 intrinsic goals, 228–229
 intrinsic motivation, 222
 creative people, 337–338
 introjected regulation, 223
 introspection, 1113, 1124
 invention activities, 1062
 investigation, 666
 involuntary memory, 219
 Iraq conflict, 966, 974, 979
 irritable bladder syndrome, 836
 irritable bowel syndrome, 836, 841–842
- James, William, 237–238, 719, 1049
 jealousy, 206
 joy, 676
 Jurisight program, 488, 509–518
 humor methodology, 512–513, 514
 prompts, 513–518, 515, 517, 518,
 519
 surprise methodology, 410–412
 justice, 511–512
 justification hypothesis, 304
- Kabat-Zinn, Jon, 2, 48, 50, 1093–1094
 mindfulness introduction, 494–496,
 688–690
 see also Eastern approach to mindfulness;
 Mindfulness-Based Stress Reduction
 (MBSR)
 Kamalashila, 74, 89
 Kant, Immanuel, 620–621
karma, 63, 67
- Kentucky Inventory of Mindfulness Skills,
 726
 knowing, 13, 40, 58–59, 1087
 being relationship, 133–134
 mindlessness of already knowing, 1091
 rational way of, 117–118
 knowledge construction, 117
- labeling, 767, 857
 labels, 149
 entrapment by, 126–129
 Langer, Ellen, 282, 563, 1091–1092
 cognitive styles debate, 186–187
 mindfulness/mindlessness studies, 1–3,
 48–49, 210, 259
 acting from a single perspective,
 118–124
 cognitive flexibility, 335–336
 entrapment by categories, 124–126
 entrapment by labels, 126–129
 psychological paradigms and, 117–118
 psychology of possibility, 130–135
 see also Western approach to mindfulness
 Langer Mindfulness Scale (LMS), 9, 11
 language, 90, 132, 149, 1093
 conditional, 825, 1009, 1057
 in life-philosophical lecturing, 1116
 laterality, 30–34
 law magazine articles, 501
 law review articles, 501
 laws, 301
 see also legal profession
 law-school classes, 506–507
 law-school symposia, 500–501
 Lawyer's Standard Philosophical Map,
 476–477
 lay knowledge, 616–617
 lay-expert interactions, 617, 619
 Lazar, Sara, 502, 639
 leadership, 405, 424–425
 inquiry importance, 447
 mindful leadership, 444–445
 mindfulness insights, 447–455, 455
 new category creation, 448–449
 new information, 449–451
 new perspectives, 445–448
 learned nerve pathways, 837–838, 839

- learning, 28, 40, 621
children and young people, 1040
see also educational research; schools
conditional learning, 824, 1092
double-loop learning, 428–429, 448
experience-dependent, 672–673
interventions to increase interest,
1063–1065
example choice, 1064
personalization, 1064
relevance intervention, 1063–1064
interventions to increase learning,
1060–1063, **1061**
disrupting thought, 1062–1063
problem-based learning, 1062
productive failures, 1063
variability introduction, 1061–1062
mindful organizations, 465–466
mindfulness impact, 1040
mindless learning, 567–568
neural networks and, 682
prior learning, 569
relational-dependent, 673–674
single-loop learning, 428–429
state-dependent, 668–672
unconditional learning, 1092
legal education, 491
legal profession, 487–489
broadening perspectives, 479–481
legal culture, 488
legal reasoning, 477–479
mindfulness in, 474–482, 494–520
Berkeley Law, 500
Hale & Dorr, 494–495
Harvard Law School, 498–500
interactions between mindfulness
approaches, 481–482
introduction methods, 508
Jurisight program, 488, 509–518
law magazine articles, 501–502
law-review articles, 501
law-school classes, 506–507
law-school symposia, 500–501
Mindful Lawyer Conference (2010),
503–504
Mindfulness-Based Stress Reduction
(MBSR), 475, 493, 494–495
scientific research, 502–503
workshops, 504–506, 507
Yale Law School, 497–498
legalization, 434
impact on organizational mindfulness,
434–435
Lesser, Tom, 496–497
letting go, 305, 635
close brush with death effects, 294–296
of conceptual attachments, 534
of experiential avoidance, 542
mindful eating program, 943
life goals, 200
see also goal pursuit
life-philosophical lecturing, 1105–1127
applied positive philosophy, 1126–1127
centrality of intention, 1122–1123
goals of, 1110–1111
intentional levels, 1123–1125
mindfulness as a way of life, 1125
mindlessness prevention interventions,
1115–1117
nondirected guidance, 1111
orientation to experience, 1118–1120
as a performing art, 1119–1120
positive atmosphere, 1117
sustained attention, 1114–1115
systems intelligence of, 1121–1122
thought cultivation, 1111–1113
Likert scale, 317
limitations, 636
Linchan, Marsha *see* Dialectical Behavioral
Therapy (DBT)
listening, 636
litigation mentality, 434
loving-kindness, 676, 1095
loving-kindness meditation, 943–944
Madeleine effect, 219
Magee, Rhonda, 501, 504–505
Mahamudra, 111–112
major depression, 538, 719–720
see also depression
management *see* mindful management
matter, 76
M’buti society, Africa, 307
McHugh, James, 493

Index

1159

- meaning in life, 304
 mechanism, 570–571
 medical conditions, 11–12
 medical errors, 413
 medical images, as persuasive technologies,
 617–619, 623–624
 see also neuroimaging studies
 medical practice
 mindfulness in, 585–599, 634–636
 clinician resilience/well-being
 relationships, 595–596
 organizational mindfulness, 413–414
 promotion of, 596–599
 quality of care relationships, 590–593
 quality of caring relationships, 593–595
 relevant mindful qualities, 588–589
 attentiveness, 588, 591
 beginner's mind, 589
 critical curiosity, 588–589
 presence/engagement, 589
 see also clinicians; healthcare
 medical semiotics, 618
 meditation, 2, 54–55, 489–490, 533–534,
 549–550
 accessibility of training, 699–700
 benefits, 143
 clinicians, 695–698
 patients, 698–699
 brain responses, 540, 1021, 1074–1075
 chronic illness management, 858
 clinical applications, 778–779
 commodification of, 692
 eating behavior management, 924
 experiential avoidance reduction, 542–543
 future directions, 551–552
 loving-kindness meditation, 943–944
 negative thinking reduction, 539–541
 neurocognitive effects, 992–994
 origins, 60, 62, 777–778
 perceptual experience and, 209–210
 physiological effects, 70–71, 143
 psychological effects, 143
 reduction of negative thinking,
 540–541
 river-of-time meditation, 679–680
 satisfaction meditation, 678
 sitting meditation technique, 1113
 states of consciousness, 565–566
 stillness, 142, 145
 substance-use disorder management, 550
 temporal sequence of mental events, 159
 Transcendental Meditation, 10, 70
 Western experience, 69, 70
 see also Eastern approach to mindfulness;
 Four Mindfulness Meditations;
 Mindfulness-Based Cognitive
 Therapy (MBCT);
 Mindfulness-Based Stress Reduction
 (MBSR)
 meditation-oriented mindfulness, 169–170
 see also Eastern approach to mindfulness
 mental affliction, 654, 656
 see also psychological disorders; *specific
 disorders*
 mental aptitude
 mindfulness training and, 158
 mind-wandering and, 157–158
 mental contrasting goal selection strategy,
 240–241
 with implementation intentions (MCII),
 246–247
 mechanisms, 241–243
 mental realm of experience, 655
 meta-awareness, 158
 of mind-wandering, 158–160
 metacognition, 264–265
 metacognitive insight, 177, 178
 Miami Law, 506
 military profession, 964–965, 978–980
 stress detrimental effects, 965–967
 stress inoculation training, 967, 969,
 972–973
 cognitive performance impairment,
 967, 974
 see also Mindfulness-based Mind Fitness
 Training (MMFT)
 mind, 40
 comparison of approaches, 104–106,
 108–109
 definition, 24–25, 35
 embodied nature of, 35
 five sense minds, 77, 78, 80, 84
 flexible quality of, 534
 mindfulness of, 88–100

- mind (*Continued*)
- conceptual mind, 88–92
 - feeling mind, 93–100
 - mental-image mind, 92–93
 - shared mind, 587
 - sixth mind, 77–79, 98
 - states of, 63, 67
 - see also* mind–body relationship
- mind principle, 99
- mind–body relationship, 2, 12, 14–17, 76–81
- comparison of mindfulness approaches, 108–109
 - dualism, 11, 268, 853
 - interdependence, 76, 108, 268, 853–854
- Mindful Attention Awareness Scale (MAAS), 156, 217, 709, 732–733
- MAAS-LO (lapses only), 156
- mindful awareness, 216
- see also* awareness
- mindful breathing, 163
- trauma patients, 656–657
 - see also* breathing
- mindful communication, 587
- program for physicians, 597–599
- mindful coping model, 538
- mindful design, 346
- behavior change encouragement, 345–348
 - cell-phone example, 347, 353, 361–362
 - dual role of emotions, 354–357
 - mindful-emotional framework, 357–362
 - application, 360–362
 - public-bench example, 348–352, 360–361
- mindful eating *see* Eat, Drink & Be Mindful program; eating behavior; Mindfulness-Based Eating Awareness Training (MB-EAT)
- mindful engagement, 467–468
- see also* engagement
- mindful inquiry, 665–668
- Mindful Lawyer Conference, California (2010), 475, 503–504
- mindful leadership, 444–445
- see also* leadership
- mindful learning *see* learning
- mindful management, 461–463
- conflict resolution, 462–463
 - diversity management, 461–462
 - motivation, 462
 - negotiation, 462–463
 - strategy, 463
- mindful meeting process, 452–453, 452
- mindful organizing, 410–412, 416, 424
- commitment to resilience, 411–412
 - deference to expertise, 412, 432–433
 - integrating Western and Eastern conceptions, 415–416
 - outcomes, 418–419
 - preoccupation with failure, 410–411, 431–432
 - reluctance to simplify, 411, 432
 - sensitivity to current operations, 411
 - see also* organizational mindfulness
- mindful pause, 662–663
- mindful presence *see* presence
- mindful reappraisal, 545–546
- Mindful Sport Performance Enhancement (MSPE) program, 1005, 1006–1008
- development, 1006
 - empirical evidence, 1006–1008
 - protocol, 1024–1025
 - see also* sports performance
- mindfulness, 9–12, 66–68, 305–308
- ancient origins, 58–61
 - applications, 573
 - Buddhist conception, 66–68, 653
 - as a cognitive style, 195–196
 - collective, 408, 425, 461
 - concepts of, 472, 585–587, 632–634
 - see also* Eastern approach to mindfulness; traditional Mindfulness; Western approach to mindfulness
 - contagious nature, 1126–1127
 - contemplative, 21, 40–42
 - creative, 22, 29, 41–42
 - creativity and, 331–338
 - definitions, 1, 11, 291, 631–632
 - comparisons of, 139–140, 564–567, 732–734, 977–978
 - Eastern definition, 472–473, 1093–1096
 - intersubjective definition, 1096

Index

1161

- mindfulness-based intervention
 - definition, 1090–1091
 - multiplicity of, 153–154, 1086–1092
 - Western definition, 473–474, 1091–1092
- dispositional mindfulness, 995–996, 1056, 1057–1058
- elements of, 170–171
 - awareness, 170
 - focus on the present moment, 171
 - nonjudgmental acceptance, 171
 - sustained attention, 170–171
- expertise, 572–573
- field dependence–independence (FDI)
 - construct similarities, 194–195
- formal practice, 640
- health benefits, 21–22, 527, 1072
 - healing, 70–71
- impediments for mindfulness in Western
 - philosophical practice, 1107–1109
- individual perspective, 460–461
- informal practice, 640–641
- integrity and, 52–54
- measurement, 461, 587, 1059–1060
 - measurable qualities, **585**
- mechanisms, 902–904, 903, 988–990
- meta-awareness relationship, 158–160
- versus mindlessness, 72–73, 236–237, 291–292
- mind-wandering reduction, 156–157
- motivated perception as, 208–209
 - self-regulation relationship, 210–212
- neural payoffs, 680–682
- as nondistracted, 153–154, 158–159, 164
- noticing new things, 564, 567–568
- organizational perspective, 460–461
 - see also* organizational mindfulness
- perceptual experience relationship, 209–210
 - perceptual accuracy, 210–212
- personalized mindfulness, 535
- processes within, 708–709
- scientific perspective, 710–711
- scope, 573–574
- situational mindfulness, 1056, 1057, 1059–1060
- social constructionist perspective, 1086–1088
- state, 573
 - as a state of consciousness, 1106–1107
- training *see* mindfulness training
- voluntary nature of, 145–146
 - as a way of life, 697, 1125
- wisdom and, 64–65, 68
 - see also* legal profession; medical practice
- Mindfulness and Acceptance-Based Group Therapy (MAGT), 760
- Mindfulness in Action (MIA) online program, 575–580, **576–577**
- mindfulness meditation *see* meditation; Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness Meditation Training for Sport (MMTS), 1008
 - see also* sports performance
- mindfulness training, 29, 54, 71, 639–642
 - addiction management, 799–808
 - attention improvement, 993
 - attentional bias modification, 544
 - mental aptitude and, 158
 - social anxiety disorder management, 759
 - target stimuli, 176
 - see also specific mindfulness-based interventions*
- Mindfulness–Acceptance–Commitment (MAC) approach to sports performance, 986, 994–998, 999, 1008
 - see also* sports performance
- Mindfulness-Based Childbirth and Parenting (MBCP), 778, 884–885
- Mindfulness-Based Cognitive Therapy (MBCT), 50, 527, 721–723, 726–728, 778
 - anxiety, 736
 - generalized anxiety disorder, 738
 - panic disorder, 745
 - social anxiety disorder, 740–741, 759
 - versus cognitive behavioral therapy, 641
 - depression, 538, 699, 721–728
 - versus antidepressants, 724
 - empirical support for, 723–724
 - reward experience and, 803–804

- Mindfulness-Based Cognitive Therapy (MBCT) (*Continued*)
- extensions to novel populations, 725
 - female sexual dysfunction, 867, 872–873
 - program overview, 873–874, **875–876**
 - mechanisms of change, 725–726
 - therapeutic effects, 537
 - attentional bias modification, 544
 - emotional reactivity reduction, 538
 - reappraisal, 546
- Mindfulness-Based Eating Awareness Training (MB-EAT), 778, 914, 921, 923–929
- awareness of thoughts and feelings, 925–926
 - body awareness and acceptance, 926
 - empirical support, 927–929
 - food-choice awareness, 926–927
 - food-choice experience, 925
 - fullness awareness, 924
 - hunger awareness, 924
 - physical activity awareness, 927
 - taste experience, 925
 - see also* eating behavior; eating disorders
- Mindfulness-based Mind Fitness Training (MMFT), 965, 968–980, 998
- comparison to Langer's approach, 977–978
 - controversies, 979
 - mechanisms, 970–973
 - research, 973–977
 - see also* military profession
- Mindfulness-Based Psychotherapy (MBP), 657–668
- client–patient relationship, 660–661
 - historical context, 658–660
 - mindful inquiry, 665–668
 - therapeutic presence, 662
 - clinical attitudes of, 663–665
 - development of, 662–663
- Mindfulness-Based Relapse Prevention, 778, 806
- Mindfulness-Based Stress Reduction (MBSR), 2, 50, 527, 768, 778
- anxiety, 735–736
 - generalized anxiety disorder, 738
 - post-traumatic stress disorder, 742
 - social anxiety disorder, 740, 759
 - availability of training, 699–700
 - chronic illnesses, 901–902
 - diabetes, 904–909, **905, 907**
 - clinicians, 597, 695–698
 - dissociation from Buddhism, 690–693
 - during pregnancy, 883–884
 - female sexual dysfunction, 867, 872
 - legal practitioners, 475, 493, 494–495
 - Hale & Dorr, 494–495
 - origins, 71, 689–690
 - quality and uniformity, 700
 - teaching intentions, 1098, **1100**
 - therapeutic effects, 537
 - emotional reactivity to stress, 538
 - reappraisal, 546
 - reduced experiential avoidance, 542
 - self-confidence, 333–334
 - suppression reduction, 548
 - see also* meditation
- Mindfulness/Mindlessness scale (MMS), 733, 735
- Mindfulness-Oriented Recovery Enhancement
- attentional bias modification, 544
 - chronic pain, 544
 - substance-use disorders, 550
 - alcohol dependence, 544, 548, 802, 807–808
 - suppression reduction, 548
- mindless eating, 914–915
- automaticity, 918–919
 - see also* eating behavior
- mindless learning, 567–568
- mindlessness, 7–9, 72, 140, 143, 854–855
- cause, 141–142
 - cost of, 637–638
 - definition, 11
 - in education, 1054–1055
 - in intractable conflicts, 1132
 - versus mindfulness, 72–73, 236–237, 291–292
 - pervasiveness of, 8–9
 - prevention, 1115–1117, 1118
 - in psychological disorders, 534
 - satisficing relationship, 320–321
 - solution, 142
 - stress relationship, 854–857
 - see also* automaticity

Index

1163

- mindscapes, 612, 613
- mindset-oriented mindfulness, 169
see also Western approach to mindfulness
- mindsets, 15, 950
stress and, 950–952, 957, 958–959
- mindstrength, 660, 667
in psychotherapy, 667–668
- mind-wandering, 154–163, 1111
fMRI investigation, 159
during meditation, 159
mental aptitude and, 157–158
meta-awareness, 159–160
mindfulness relationships, 155–156
Western views, 162–163
potential benefits, 163
reduction by mindfulness, 156–157
- mirror neurons, 1096
- Mocine, Mary, 499
- Monash University, Australia, mindfulness
course, 599, 634–637, 642–646
Health Enhancement Program (HEP),
643–645
- mood-linked cognitive reactivity, 720–721
- moral hazard, 373
- moral value, 63, 67
- motivated perception, 201–202
active construction, 201, 203–205
definition, 202–203
flexible adaptation, 201–202, 207–208
future research directions, 212–213
heightened awareness and, 201, 205–207
mindfulness effects, 209–210
perceptual accuracy, 210–212
self-regulation relationship, 210–212
as a mindfulness state, 208–209
visual, 201, 202–205, 208
- motivation
addiction model, 795–796
attention and, 205–207
continuum of relative autonomy, 221–225
external regulation, 222–223
identified regulation, 223–224
integrated regulation, 224
intrinsic motivation, 222, 337–338
introjected regulation, 223
processes of internalization, 224–225
creative people, 337–338
management, 462
perceptual sensitivity and, 206–207
survey respondents, 319–320
see also goal pursuit; motivated perception
- Mozart, 338
- multifaceted self, 639
- multiple perspectives, 237, 589
- multiple stakeholders framework, 447
- multitasking, 9, 1072–1074
- Munafo, Marcus, 283
- musical performance, 14, 337
- narrative empathy, 614–615
- narrative function, 28–30
- narrative scapes, 612
- narratives, 610, 613–614
- need for cognitive closure, 263–264
- negative affectivity, 536–538
mindfulness-based intervention effects,
537–539
- negative stereotypes *see* stereotyping
- negative thinking, 539–541
mindfulness-based intervention effects,
540–541
- negativity bias, 282–284
bias-modification training, 283–284
- negotiation, 462–463
interest-based, 480
- neocortex architecture, 26–27
see also brain
- nerve pathways, 837–838, 839
- neural differentiation, 23
- neural integration, 30–34
- neural networks, 23, 682
- neuroimaging studies, 389, 540, 800, 1043
addiction, 795–796, 801
brain-mapping studies, 397
emotional regulation, 800–801
medical imaging as persuasive technology,
615–619, 623–624
sport-performance studies, 1019
see also brain
- neurophysiological functions, segregation
of, 191
- neuroplasticity, 388, 681–682, 978
meditation effects, 992, 1021, 1043
see also brain
- new categories, 448–449
- Newton, Isaac, 337

- “nine dots” puzzle, 53
- nocebo effect, 839
- “no-mind” state, 566–567
- nonconscious action, 237–238
 - goal pursuit, 238, 247–251
 - see also* automaticity; mindlessness
- nondistraction
 - cultivation of, 161
 - ironic nature of, 160–161
 - mindfulness as, 153–154, 158–161, 164
- nonelaborative processing, 178
- nonjudgment of thoughts, 265–266
 - mindful eating program, 943
- nonjudgmental acceptance, 171
 - clinical attitude of, 664–665
 - deautomatization and, 179–180
 - see also* acceptance; openness
- nonself, 65
- nonstriving attitude, 664
- normative commitment, 417
- normative vertigo, 613
- nothingness, 565–566
- noticing new things, 564, 567–568
- novel distinction-making, 142–145, 153–154, 574, 988
 - applications, 573
 - expertise, 572–573
 - health benefits, 143
 - in life-philosophical lectures, 1118–1119
 - mind-wandering relationship, 162
 - scope, 573–574
 - state, 573
- novelty appreciation, 3, 860
- Now Effect, The, 657
- nursing-home residents, mindfulness
 - intervention studies, 9–10, 51–52, 180, 450, 853
- obesity, 286–287, 915, 920
 - costs of, 934
 - diabetes relationship, 898
 - mindfulness-based intervention effects, 927–929
 - prevalence, 898
 - see also* eating behavior; Mindfulness-Based Eating Awareness Training (MB-EAT)
- object, 76–77, 88
 - referential, 76, 77, 80, 84, 102
- observing, 942
 - teaching intentions, 1099
- observing mode of perception, 27–28
 - mindfulness-based interventions, 743–744
- obsessive-compulsive disorder (OCD), 742–744
- “Office Space,” 464
- one-pointed concentration, 81, 82
- online mindfulness programs, 575–580, 576–577, 785
- openness, 220–221, 258, 262–263, 446, 666
 - clinical attitude of, 664
 - creativity and, 332
 - experiences, 987
 - influencing factors, 263
 - in life-philosophical lectures, 1118–1119
 - noticing new things, 564, 567–568
- Openness to Experience Scale, 263
- Operation Span task (OSPAN), 974
- optimism, 676
 - health benefits, 574–575
- organizational commitment, 417
- organizational defenses, 424, 426, 428–431, 436–437
 - legalization effects, 434–435
 - organizational defensive routine (ODR), 430
- organizational mindfulness, 408–410, 424–426, 460–461
 - benefits for employees, 464–465
 - deference to expertise, 412, 428
 - future directions, 416–419
 - healthcare organizations, 413–414
 - impediments to, 426–427
 - institutional work, 428
 - pluralistic ignorance, 427
 - risk of blame/loss of credibility, 427
 - inquiry importance, 447
 - institutional dynamics and, 433–435
 - legalization impact, 434–435
 - mindfulness impacts, 463–468
 - creativity and learning, 465–467
 - decision-making, 467–468
 - organizational culture, 464–465

Index

1165

- mindfulness insights, 447–455, **455**
 - new category creation, 448–449
 - new information, 449–451
 - new perspectives, 445–448
- multiple stakeholders framework, 447
- nonhigh-risk contexts, 414
- organizational dynamics and, 429–433
- process focus, 463
- organizing, 416
 - see also* mindful organizing
- overproceduralization, 434
- pain, 65, 71
 - legal concept of pain and suffering, 511
 - perception of, 178, 856, 1020, 1022
 - versus suffering, 178
 - tolerance related to sport performance, 1020–1021, 1022
 - neuroplastic mechanisms, 1021
 - see also* chronic pain
- pain pathways, 838, 839
- panic disorder (PD), 744–745
- paradigms, 115
 - psychological, 117–118
 - shifts, 115–117
- paradox, 1120
- participation, 570
- patience, 665
- patients, 698–700
 - empowerment, 617, 619
 - meditation benefits, 698–699
 - see also* healthcare; medical practice; therapeutic relationship
- paying attention, 169, 489, 588, 639, 988
 - to fixed aspects of stimuli, 142
 - mindfulness mechanisms, 989
 - to variability, 10–11, 860
 - see also* attention
- peace education, 1132–1139
 - challenges, 1136–1138
 - gap between mindful disposition and application, 1136–1137
 - sustaining effects, 1137–1138
 - contexts, 1134
 - goals of, 1134
 - intractable conflicts, 1132–1133
 - mindfulness role, 1134–1136
- pedometers, 927
- peer influence, adolescents, 393
- perception, 77, 202, 635
 - articulated, 187–188
 - Buddhist psychology, 653–655
 - experiencing mode, 27–28
 - global, 187–188
 - mindfulness effects, 209–210
 - perceptual accuracy, 210–212
 - observing mode, 27–28
 - space, 187
 - see also* motivated perception
- perceptual sensitivity, motivation effects, 206–207
- performance
 - cognitive function relationships, 990–992
 - attention, 990–991
 - goal-directed behavior, 991–992
 - task-relevant awareness, 991
 - enhancement, 986
 - military professionals, 970–973
 - musical, 14, 337
 - stress effects on, 959–960
 - see also* cognitive performance; sports performance
- performance feedback, 225–226
- performative objects, 346–348, 353, 360
 - cell-phone example, 347, 353, 361–362
 - public-bench example, 348–352, 360–361
 - see also* mindful design
- peritraumatic dissociation, 973
- permanence, 65
- personality, 144
 - creative people, 332–334
 - development, 144–145
 - mindfulness-based intervention effects, 598
 - traits, 193–194
 - creative people, 332–334
- perspective
 - multiple, 237, 589
 - mindful learning and, 1057
 - of the other, 119–120, 447–448
 - openness to, 446–447
 - see also* peace education
 - shift in, 708
 - single, 118–124, 292
 - challenging, 142, 144

- persuasion, 259
 attitude change, 259–260
 mindful change, 260–266
 body awareness and, 267–271
 central route to, 258, 266
 elaboration likelihood model (ELM),
 266–267
 embodied, 267–268
 medical imaging as persuasive technology,
 615–619, 623–624
 moderation by mindfulness, 394–396
 neural correlates, 391–394
 openness to, 262–264
 peripheral route to, 258, 266
 resistance, 264
- phenomena, 77, 79–80
 body sense associated, 84–87
 conceptual mind associated, 88–92
 feeling mind associated, 93–100
 deep level, 98–100
 emotional feeling mind, 95–98
 self-referential feelings, 93–95
 feeling-tone associated, 87–88
 image mind associated, 92–93
 mindfulness of, 100–102
 referential, 101–102
- Philadelphia Mindfulness Scale (PHLMS),
 733, 735
- philosophical lecturing, 1108
 see also life-philosophical lecturing
- philosophical worldviews, 570–572
- philosophy
 as an affective experience, 1113–1114
 applied positive philosophy, 1126–1127
 as a performing art, 1119–1120
 Western, 1107–1109
- physical activity awareness, 927
- physical realm of experience, 655
- physicians *see* clinicians; medical practice
- physiological thriving, 950
- pique technique, 280–281
- Pirahãs society, Brazil, 307
- placebo effect, 396
- plane of possibility, 39, 39, 42
- Plato, 633, 965
- pluralistic ignorance, 427
- podcasts, 1083
- Poincaré, Henri, 338
- points in time, 377
- political imagination, 621
- polyvagal theory of autonomic nervous
 system regulation, 1097
- Portable Road-and-Frame Test (PRFT), 188
- positions, 480
- positive affect
 Broaden-and-Build Theory of Positive
 Emotions, 900, 904, 1117
 impact on diabetes self-management, 900
 in life-philosophical lectures, 1117
- Positive Emotions Resilience Training, 975
- positivist psychology, 118–119, 122, 1117
- possibility, psychology of, 130–135, 857
- Post-It Notes, 465
- post-traumatic stress disorder (PTSD), 650,
 741–742, 776–787
 comorbidity, 841–842
 costs of, 777
 military professionals, 966
 mindfulness-based interventions,
 741–742, 777–786
 adherence evaluation, 785–786
 alternative delivery formats, 784–785
 clinical application, 783–784
 evidence, 781–783
 mechanisms, 779–781
 mindfulness and trance, 668–680
 peritraumatic dissociation as risk factor,
 973
 pharmacological treatment, 777
 suppression effects, 547
 symptoms, 776–777
- posture, 269
 self-validation effects, 270
- pratyasamutpada*, 74, 798–799
- predecision information seeking,
 1135–1136
- prefrontal cortex (PFC), 159, 1097
 meditation effects, 1021, 1074
 mindfulness-based intervention effects,
 779–780
 see also brain
- pregnancy, 881–893
 anxiety and stress during, 881
 consequences of, 882
 mindfulness-based interventions,
 882–892

- benefits, 887–892
 - Eastern approach, 883–885
 - integration of approaches, 891–892
 - Western approach, 885–887
- prejudice, 462
- premature cognitive commitment, 263,
 - 335–336, 351–352, 568, 1091
 - as a driver of mindlessness, 1118
 - researchers, 827–828
- presence, 21–22, 635–636, 661
 - clinical attitudes of mindful presence,
 - 663–665
 - in medical practice, 589
 - mindful presence and healing, 662
 - therapeutic presence development,
 - 662–663
- present moment, focus on, 171, 307, 641,
 - 709
 - comparison of approaches, 106–107
 - deautomization and, 177–178
 - de-centering, 177–178
 - flexible present-focused awareness, 706
 - immediate-return societies, 299–300,
 - 307
 - mindful eating program, 942
 - nonelaborative processing, 178
 - provoked vestibulodynia management,
 - 872
- primacy effect, 318
- primary cognitions, 265
- priming, 7–9, 173–174
- prior learning, 569
- private school finances example, 448–449
- probability, a-temporal logic of, 367–369
- problem-based learning, 1062
- program adherence evaluation, 785–786
- prospection, 1126
- Proust effect, 219
- provoked vestibulodynia (PVD), 865–866
 - mindfulness interaction, 870–877
 - case study, 874–877
 - program overview, 873–874, **875–876**
- psychological differentiation, 191
- psychological disorders, 534
 - mental affliction, 654, 656
 - transtherapeutic approach, 535
 - see also specific disorders*; transdiagnostic mental processes
- psychological flexibility, 542, 713–714
 - Acceptance and Commitment Therapy (ACT) effects, 542, 706
 - see also* cognitive flexibility
- psychological functions, segregation of,
 - 191
- psychology
 - definition, 116
 - entrapment by categories, 124–126
 - entrapment by labels, 126–129
 - formative forces, 658–659
 - illness model, 120–122, 124
 - negative orientation, 120–121
 - origins of, 70
 - paradigms, 117–118
 - positivist psychology, 118–119, 122,
 - 1117
 - of possibility, 130–135, 858
 - single perspective, 118–124
- psychoneuroimmunology, 834
- psychophysiologic disorders (PPD),
 - 835
 - genesis, 838–840
 - learned nerve pathways, 837–838
 - model, 836–838
 - treatment approach, 840–844
 - assessment, 840–841
 - behavior-based therapy, 842–843
 - effectiveness, 843–844
 - emotion-based therapy, 841–842
 - life changes, 843
 - mindful healing approach, 846–847
 - mindless biomedical approach,
 - 844–846
- psychosomatic disorders, 835–836
- psychotherapy, mindfulness in, 696–697
 - see also* Mindfulness-Based Psychotherapy (MBP)
- public benches
 - Droog Design bench, 347–348, 347,
 - 351–352, 356, 360–361
 - mindful design of, 348–352, 356
 - mindless use of, 348, 349–351
- public debate, 1065–1066
- quality of care, 591–593
- quality of caring, 593–595
- questionnaires *see* survey responses

- racial bias, 175
 rating scales, nondifferentiation, 319
 Read, Herbert, 369
 reality, 85, 118
 acceptance of, 144
 conceptual, 83, 88–92
 dominance, 96–97
 interrelated nature of, 75–81
 comparison of approaches, 103–104
 referential, 76, 81, 83, 102
 reappraisal, 544–546
 mindfulness training effects, 801–802
 rebound effect, 546, 547
 receptive attention, 339–340
 referential object, 76, 77, 80, 84, 102
 referential phenomena, 101–102
 referential reality, 76, 81, 83, 102
 reflection
 in life-philosophical lectures, 1124–1125
 reflective practice, 428–429, 589
 refusal script, 280–281
 refutation, 450
 regulatory environment, organizational
 defenses and, 434–435, 436
 Reinvestment Scale, 250
 relapse
 addiction, 803
 depression, 720–721
 relapse prevention
 depression, 721
 Mindfulness-Based Relapse Prevention,
 778, 806
 mindless eating, 944
 relatedness need, 227–228
 autonomy support, 228
 Relational Frame Theory (RFT), 712
 relational-dependent response (RDR),
 673–674
 relationships, 23–24, 35–36
 relaxation response, 70
 re-perceiving, 540, 1090
 resilience, 973–974
 clinicians, 596, 599
 well-being relationships, 595–596
 military professionals, 968–973
 Positive Emotions Resilience Training,
 975
 organizational, 411–412, 425
 resonance circuit, 1096–1097
 Retirement Game, 284–286
 reverse contrasting goal selection strategy,
 240, 242
 reward system, 392–394
 addiction model, 795, 803
 Right Mindfulness, 142
 risk management, 436
 Riskin, Leonard, 498–499, 501
 rituals, 297
 river-of-time meditation, 679–680
 Rod-and-Frame Test (RFT), 188, 190
 Rohitassa sutra, 52, 54
 routine experts, 589
 rowing, 1005, 1011–1012
 see also sports performance
 rumination, 178
 in depression, 725–726
 mindfulness mechanisms, 902
 mindfulness-based intervention effects,
 540–541, 548, 725–726
 running, 1007–1008, 1011–1012
 see also sports performance
 Rwandan conflict, 1133
 Ryan, R. M., 217–218
 Śamatha meditation, 81–82, 100–101
 semi-Śamatha, 82
 unity with semi-Vipassanā, 83
 Sandine, Julie, 507
 sankhāra, 63
 Santos, Michael, 280–281
 satisfaction meditation, 678
 satisficing, 313–315
 strong, 315
 weak, 314–315
 see also survey responses
 scapes, 612–613
 scenario planning, 448
 Scholastic Aptitude Test (SAT), 158
 schools, 1037–1049
 evidence for mindfulness benefits,
 1038–1044
 from adult mindfulness studies,
 1038
 impacts on cognition/executive
 function/attention, 1040–1041
 mental health impacts, 1041–1042

- social and emotional impacts, 1042
 - from work with children and young people, 1038–1040
- growth of interest in mindfulness, 1037–1038
- introducing mindfulness, 1082
- levels of intervention, 1042–1043
- mindfulness in, 1045–1048, 1056
 - approaches needed for children, 1046–1047
 - dispositional mindfulness, 1056, 1057–1058
 - long-term, integrated approach, 1047–1048
 - mindfulness curriculum, 1045
 - need for experimentation, 1046
 - situational mindfulness, 1056, 1057
 - skills and attitudes, 1045–1046
- private school finances example, 448–449
- staff development, 1044–1045
 - see also* educational research
- science, 615–616
- scorecards, 450–451
- scripts, 280–282
 - acquaintance script, 282
 - refusal script, 280–281
- secondary cognitions, 265
- self, 65, 767–769
 - authentic, 661
 - close brush with death effects, 296–297
 - as context, 1124, 1125
 - embodied validation, 269–270
 - entity theories, 264
 - experience of, 89
 - impermanence, 655, 870
 - incremental theories, 264
 - multifaceted self, 639
 - shifting perspectives of, 258–259, 264
- self-as-observer, 706
- self-awareness
 - lack of, 584–585, 593
 - physicians, 594–595
 - promotion of, 597
- self-compassion, 677–678, 763
 - attitude, 665
 - mindful eating program, 943–944
- pause, 663
 - social anxiety disorder relationship, 763–766
- Self-Compassion Scale, 726
- self-confidence
 - creativity and, 332–334
 - goal selection and, 239–240
 - mindfulness effects, 333–334
- self-control
 - eating behavior, 919–920
 - loss of self-control in substance-use disorders, 797
 - see also* self-regulation
- self-criticism
 - eating behavior relationship, 917–918
 - social anxiety disorder relationship, 762, 764
- self-determination theory (SDT), 216
 - awareness relationships, 217–220
 - basic psychological needs, 225–228
 - autonomy, 226–227
 - competence, 225–226
 - relatedness, 227–228
 - continuum of relative autonomy, 221–225
 - see also* self-regulation
- self-discipline, 636
- self-dysregulation, 145
- self-efficacy beliefs *see* self-confidence
- self-esteem
 - ego involvement, 223
 - mindfulness effects, 333–334
 - social anxiety disorder and, 762
- self-focused attention, 756–757
- self-identity, 94–95
- self-interest, 636
- self-judgment
 - discarding, 679
 - eating behavior relationship, 917–918
 - social anxiety disorder and, 762, 764
- self-management, eating behavior, 920
- self-monitoring, 762
- self-nonsel self segregation, 191, 594
- self-organization, 25
- self-referential feelings, 90–91, 93–95
 - in default mental activity, 639
 - vulnerable self-references, 95–96

- self-regulation, 201, 220–221
 attention regulation *see* attention
 awareness relationship, 217–220
 continuum of relative autonomy, 221–225
 external regulation, 222–223
 identified regulation, 223–224
 intrinsic motivation, 222
 introjected regulation, 223
 processes of internalization, 224–225
 diabetes patients, 899–900
 eating behavior, 914, 920–922, 922
 emotional regulation, 179–180
 motivated perception relationship,
 210–212
see also self-determination theory (SDT)
- self-reported adherence, 786
- selflessness, 94
- semantic action theory (SAT), 610
- semantic scapes, 612
- sense minds, 77, 78, 80, 84
- sexual dysfunction in women, 864–877
 mindfulness-based interventions,
 866–877
 loss of desire/arousal, 866–870
 mechanisms, 869–870
 provoked vestibulodynia (PVD),
 870–877
- shame, 762–763, 764
 eating behavior and, 917–918
see also social anxiety disorder (SAD)
- shared mind, 587
- Shooter Task, 244
- shramanas*, India, 61
- shyness, 761
see also social anxiety disorder (SAD)
- Silver, Marjorie, 500–501
- Simmel, Georg, 608–609
- Simon task, 244
- Simpson, O. J., 368–369
- single perspective
 acting from, 118–124, 292
 challenging, 142, 144
- single-loop learning, 428–429
- single-tasking, 1072–1073
- sitting meditation technique, 1113
- situational mindfulness, 1056
 interventions to increase, 1057
 measurement, 1059–1060
- sixth mind, 77–81, 98
- smartphones, 1083
- social anxiety disorder (SAD), 739–741,
 755–769
 mindfulness and, 756–758
 acceptance, 757–758
 attention, 756–757
 awareness, 756
 mindfulness-based interventions,
 740–741, 758–760
 acceptance-focused interventions, 760
 attention/awareness-focused
 interventions, 758–759
 compassion-focused therapy, 764–766
 exposure therapy, 766–767
 negative self-perception role, 760–763
 prevalence, 755
- social comparison research, 333
- social engagement, 1097
- social environments, 612
- social goals, 205–206
- social hierarchies, 761
- social influence
 moderation by mindfulness, 394–396
 neural correlates, 391–394
see also persuasion
- social interactions, 23–24
 mindful design for, 345–348
 cell-phone example, 347, 353, 361–362
 mindful-emotional framework,
 357–362
 public-bench example, 348–352,
 360–361
- social psychology, 567–568
see also Western approach to mindfulness
- sociocognitive concept, 1107
see also Western approach to mindfulness
- Socrates, 1108–1109
- somatic scapes, 612
- somatoform disorders, 835
- sound, mindfulness of, 1077–1078
- space perception, 187
see also field dependence–independence
 (FDI)
- sports performance, 986–1000
 mindfulness relationships, 995–998
 affect and, 1016–1019
 attention and, 1012–1015

Index

1171

- flow and, 1010–1012
- physiology and, 1019–1023
- mindfulness-based interventions, 986, 994–998, 1005–1010
- Langer's mindfulness approach, 1008–1010
- Mindful Sport Performance Enhancement (MSPE), 1005, 1006–1008
- Mindfulness Meditation Training for Sport (MMTS), 1008
- Mindfulness–Acceptance–Commitment (MAC) approach, 986, 994–998, 999, 1008
- sports psychology interventions, 1004
- Sri Lanka, 69
- STAR LEGACY software, 1060
- state-dependent learning, 668–672
- states of mind, 63, 67
- stereotyping, 8–9, 244, 571–572
 - by physicians, 594, 595
- stillness, 145
 - cultivation of, 142
- storybusting process, 450–451
- stress, 2, 65, 948
 - beneficial effects of, 949–950
 - with chronic illness, 854–857
 - impact on diabetes self-management, 900
 - cognitive impairment and, 900
 - during pregnancy, 881
 - consequences of, 882
 - prevention, 882–892
 - eating behavior relationship, 916–917
 - military professionals, 965–967
 - mindful approach to, 954–960
 - acknowledgment of stress, 954–955
 - health effects, 958–959
 - performance effects, 959–960
 - utilization of the stress response, 956–957
 - welcoming stress, 955–956
 - well-being effects, 960
- mindfulness-based intervention effects on, 537, 781, 800
 - addiction and, 802–803
- mindlessness relationship, 854–857
- mindsets and, 950–952, 957, 958–959
- peritraumatic dissociation, 973
- see also* Mindfulness–Based Stress Reduction (MBSR); post-traumatic stress disorder (PTSD); stress reactivity; stress response
- stress inoculation training, military professionals, 967, 969, 972–973
- cognitive performance impairment, 967, 974
- stress reactivity, 538
 - mindfulness training effects, 538–539, 799–800, 802–803
- Stress Release Program (SRP), Monash University, Australia, 599, 634–637, 642–646
- Health Enhancement Program (HEP), 643–645
- stress response, 545, 949–950
 - mindfulness training effects, 802–803
 - modulation of, 967
 - utilization of, 956–957
- stress-related growth, 950
- Stroop task, 176
- subject, 76–77
- subjective experience, 36–37
- submissive behavior, 761
- substance-use disorders, 794–795
 - attentional bias, 543
 - loss of control, 797
 - mindfulness-based interventions, 550
 - therapeutic effects, 537, 799–808
 - neurocognitive model, 795–798
 - trauma victims, 741–742
- see also* addiction; alcohol dependence; injecting-drug use
- subtle body, 76, 77–78, 81
- suffering, 52, 71, 140, 143, 1094
 - cause, 140–141
 - legal concept of pain and suffering, 511
 - nature of, 65
 - versus pain, 178
 - physician's awareness of, 594
 - solution, 142
- suppression, 546–548, 550
 - negative emotions, 538
 - obsessive-compulsive disorder, 743
 - post-traumatic stress disorder, 547
 - rebound effect, 546, 547

1172

Index

- suppression (*Continued*)
 substance-use disorders, 797, 798, 807
 mindfulness training effects, 807–808
 trauma patients, 650, 683
 survey responses, 312–313
 mindful versus mindless responding,
 320–323
 optimizing, 313, 315
 satisficing, 313–320, 322–323
 acquiescence strategy, 317–318
 benefits, 322
 “don’t know” strategy, 315–316
 nondifferentiation in using rating
 scales, 319
 reducing the likelihood of, 319–320
 response-order effects, 318
 sustained attention, 154
 in meditation, 159
 Sustained Attention to Response Task
 (SART), 155, 156
 sympathetic joy, 1095
 symptoms, 856, 861
 perception of, 856
 post-traumatic stress disorder, 776–777
 variability, 12, 857–858
 System I thinking, 282
 systems intelligence, 1121–1122

 T Map, 371, 372
 advantages of, 372–374
 talent, 330
 Tarab Tulku Rinpoche, 74–82, 93, 99,
 101–102, 110
 target stimuli, 176
 Task Concentration Training (TCT), 759
 task-relevant awareness, 991
 task-unrelated thought (TUT), 154–156
 taste experience, 925
 see also eating behavior
 teaching mindfulness, 642
 to children, 1045–1048
 long-term, integrated approach,
 1047–1048
 need for different approach to adults,
 1046–1047
 need for experimentation, 1046
 skills and attitudes, 1045–1046
 teaching intentions, 1098–1101, 1098,
 1101
 cultivating observation, 1099
 discovering embodiment, 1099
 experiencing new possibilities,
 1098–1099
 growing compassion, 1099–1101
 moving toward acceptance, 1099
 see also educational research; schools;
 specific mindfulness interventions
 technology
 distraction by, 1073
 Internet-based mindfulness programs,
 575–580, 576–577, 785
 mindfulness introduction to young
 people, 1082–1083
 see also cell phones
 technoscience, 615–616
 medical images as persuasive technologies,
 617–619, 623–624
 technological invention of disease,
 618–619
 tele-health mindfulness meditation, 785
 telomere length, 21
 tempo-parietal junction, 681
 temporomandibular joint (TMJ) disorder,
 836
tendrel, 74, 110
 textile-company example, 449–451
 Thailand, 69
 Thales, 380–384
 Thanissaro Bhikkhu, 692–693
 “That’s-Not-All” technique, 260
 thematization, 347
 theory, 13
 therapeutic presence development, 662–663
 therapeutic relationship
 Acceptance and Commitment Therapy
 (ACT), 707
 doctor–parent–child interaction, 622
 lay–expert interactions, 617, 619
 Mindfulness-Based Psychotherapy,
 660–661
 see also clinicians; medical practice;
 patients
 theta waves, 339
 thought sampling, 154

- thought(s), 1111
 awareness of, 175
 mindful eating program, 925–926
 confidence in, 265
 bodily effects, 269–270
 cultivation of, 1111–1113
 disrupting, 1062–1063
 nonjudgment of, 265–266
 mindful eating program, 943
 task-unrelated (TUT), 154–156
 thought-scapes, 612–613
 threat rigidity effect, 959
 Three Mountains Test, 1059
 3M, 465
 time considerations
 a-temporal logic, 367–381
 circles, 384–385
 measurement, 383
 points in time, 377
 sequence, 381–382
 temporal architecture, 376, 376, 378,
 381–382
 changes, 379
 time as a musical score, 374–377, 375
 healthy-lunch example, 377–380, 378
 time lines, 369
 time-line thinking, 380–384
 triples, 373, 374
 visual representation, 369
 T Map, 371–374, 372
 V0 and V2 projections, 369–371,
 370
 tolerance, 142
 of challenging experiences, 970–973,
 980
 of pain, sport performance relationship,
 1020–1021, 1022
 top-down processing, 26, 27
 inhibition of, 27
 traditional Mindfulness, 74
 body–mind basis, 81–83
 see also Eastern approach to mindfulness;
 Four Mindfulness Meditations
 traits, 63, 189
 personality, 193–194, 332–334
 trance, 668–680
 see also hypnotic therapy
 transcendence-in-action, 566
 Transcendental Meditation, 10
 comparisons of approaches, 103–109
 see also meditation
 transdiagnostic mental processes, 534–548,
 549, 551–552
 appraisal/reappraisal, 544–546
 attentional bias, 543–544
 emotional reactivity, 538–539
 experiential avoidance, 541–543
 negative affectivity, 536–538
 repetitive negative thinking, 539–541
 suppression, 546–548
 transtherapeutic approaches, 535,
 549
 trauma, 30, 650–652
 mindfulness-based intervention,
 650–651, 657–665
 antidote use, 675–680
 contraindications, 683–684
 long-term benefits, 652
 mindfulness and trance, 668–680
 perception and reality, 653–655
 peritraumatic dissociation, 973
 realms of experience, 655–657
 substance use and, 741–742
 see also post-traumatic stress disorder
 (PTSD)
 trauma pendulation, 683
 traumatic brain injury (TBI), military
 professionals, 966
 triple vulnerabilities theory, 536–537
 triples, 373, 374
 troops *see* military profession
 Tversky, Barbara, 614
 Twitter, 1083
 Ultimate Being, 565–566
 uncertainty, 29–30, 141, 262, 443–444
 in chronic illnesses, 856–857, 861
 in the legal profession, 489
 in medical practice, 587
 remaining present with, 663
 subjective response uncertainty,
 1135–1136
 thriving with, 22
 unconditional learning, 1092

- unity in duality (UD), 74, 77–78, 82–84
 - comparisons of approaches, 103–109
 - being in the present, 106
 - body–mind interrelation, 108, 853–854
 - interrelated nature of reality, 103
 - minds/levels of the minds, 104
 - investigative UD mindfulness meditation, 82–83
 - body sense, 86–87
 - conceptual mind, 88–92
 - feeling mind, 93–100
 - feeling-tone, 88
 - mental-image mind, 92–93
 - phenomena, 100–102
 - one-pointed UD meditation, 82
- University of Rochester, mindful
 - communication program for physicians, 597–599
- Urbanowski, Ferris, 475, 494–495
 - see also* Mindfulness-Based Stress Reduction (MBSR)
- values, 706
- values-based action, 541–542
- van Gogh, Vincent, 332
- variability
 - heart-rate, 802–803, 859
 - in learning materials and methods, 1061–1062
 - paying attention to, 10–11, 860
 - diabetes patients, 901
 - in sport, 1009
 - symptoms, 12, 857–858
- Vasubandhu, 74, 82, 83
- Vedic period, India, 59, 60
- ventral striatum (VS), 392, 393, 396, 804
- ventromedial prefrontal cortex (VMPFC), 392, 393–394, 397
- Vermont example, 443–444, 451–454
- Vipassanā meditation, 82, 100–101, 111
 - medicalization of, 689
 - semi-Vipassanā, 82–83
 - unity with semi-Śamatha, 83
 - Yale Law School, 497–498
- vision, 15–16
- visualization, 81
 - introducing mindfulness to young people, 1076
- vital material environments, 612
- VO projections, 369–371, 370
- V2 projections, 369–371, 370
- Wallas, Graham, 338
- Warren, Dennis, 499
- warrior traditions, 964–965
 - see also* military profession
- well-being
 - clinicians, 595–596
 - promotion in schools, 1043
 - stress effects on, 960
- wellness, 121, 129
- Western approach to mindfulness, 1, 48–49, 51–52, 140–142, 329, 987–988
 - Buddhist teachings and, 68–70
 - comparisons of approaches, 52–55, 72–73, 103–109, 458–460, 953–954
 - being in the present, 106
 - body–mind interrelation, 108
 - interrelated nature of reality, 103–104
 - Mindfulness-based Mind Fitness Training, 977–978
 - integration of approaches, 143–144, 415–416, 564–567, 632–634
 - nature of the problem in, 140, 143
 - cause, 140–142
 - solution, 142
- Western philosophy, 1107–1109
- wheel of awareness, 41, 41
- Wiers, Reinout, 288
- will
 - acts of, 237–238
 - weakness of, 244
- willpower, 797
 - eating behavior and, 919–920
- wisdom, 64–65, 68, 667, 965, 980
 - importance in military professions, 965
- Witkin, H. A., 187–192
- witnessing mind, 666
- word-production challenges, 51–52, 53
- words, meanings of, 1092–1093
- working memory capacity (WMC), 157–158, 971
 - cognitive load theory, 1058–1059
 - cognitive performance relationship, 971, 974–975
 - mindfulness effect on, 993

Index

1175

- workshops, legal profession, 504–506, 507
- World Hypothesis Scale, 192
- worry, 737–738
 - see also* anxiety
- Yale Law School, 491, 497–498
- yoga, 942
 - origins, 60
- young people, 1071–1083
 - beginner’s mind, 1071
 - evidence for mindfulness benefits,
 - 1038–1040
 - attention, 1040–1041
 - learning, 1040
 - mental health, 1041–1042
 - social and emotional impacts, 1042
 - mindfulness introduction to, 1075–1080
 - body scan, 1078–1079
 - explaining mindfulness, 1075–1077
 - generating buy-in, 1079–1080
 - mindfulness of sound, 1077–1078
 - reasons for, 1072–1075
 - see also* children; educational research; schools
- zone of proximal development, 1075
- zoning out, 937–938
 - see also* sports performance

