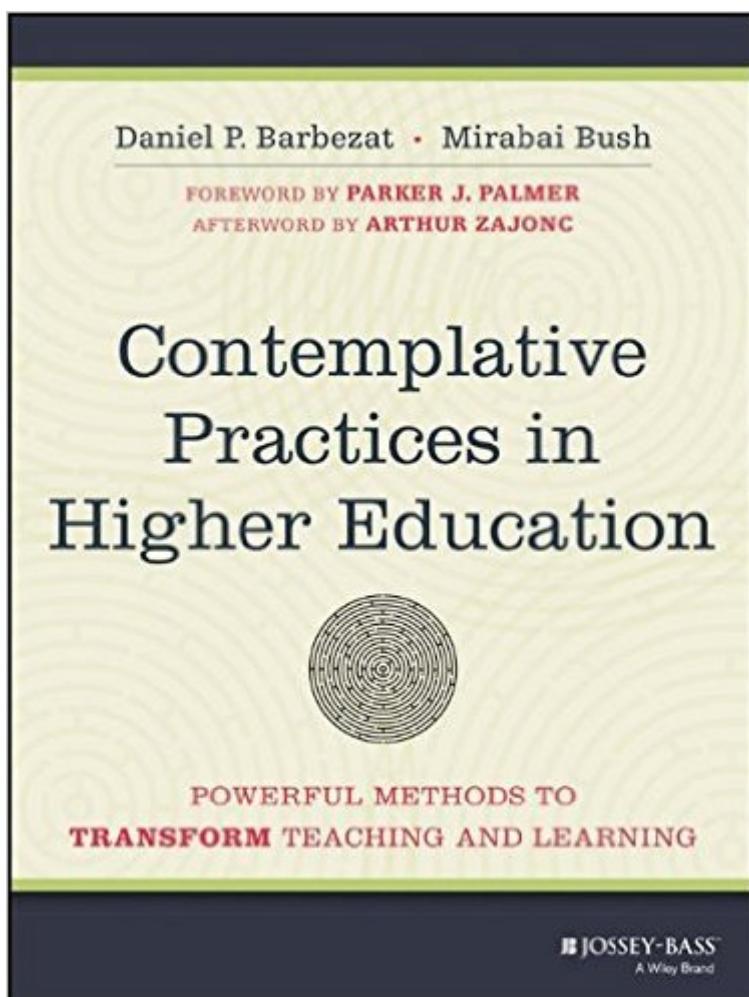


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# Contemplative Practices In Higher Education: Powerful Methods To Transform Teaching And Learning



## **Synopsis**

Contemplative pedagogy is a way for instructors to: empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding; help students to develop sophisticated problem-solving skills; support students' sense of connection to and compassion for others; and engender inquiries into students' most profound questions. Contemplative practices are used in just about every discipline "from physics to economics to history" and are found in every type of institution. Each year more and more faculty, education reformers, and leaders of teaching and learning centers seek out best practices in contemplative teaching, and now can find them here, brought to you by two of the foremost leaders and innovators on the subject. This book presents background information and ideas for the practical application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts. Examples of contemplative techniques included in the book are mindfulness, meditation, yoga, deep listening, contemplative reading and writing, and pilgrimage, including site visits and field trips.

## **Book Information**

Paperback: 256 pages

Publisher: Jossey-Bass; 1 edition (December 4, 2013)

Language: English

ISBN-10: 1118435273

ISBN-13: 978-1118435274

Product Dimensions: 7 x 0.7 x 9.3 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #159,764 in Books (See Top 100 in Books) #317 in Books > Education & Teaching > Schools & Teaching > Education Theory > Reform & Policy #2576 in Books > Education & Teaching > Higher & Continuing Education #3588 in Books > Education & Teaching > Schools & Teaching > Instruction Methods

## **Customer Reviews**

This book is a must read for anyone who wants to add mindfulness exercises into their courses. It is filled with research, practical experience, and usable clearly outlined exercises that can quickly enhance the students learning experiences and the subject matter retention. And the great side bonus, it can change your life and theirs and bring peace, compassion, contentment, and kindness.

to self and others along with it. I have been using mindfulness techniques in my college classes and with my corporate clients for many years now with great success and this book has given me additional information to raise what I'm doing already into the next level. So if you are a novice or a long time practitioner of mindfulness and meditation you will be helped by this book. In gassho, Dr. B

Loved it! This book is for those who want an introduction to contemplation in higher education as well as for those looking to deepen their practice. It is the perfect balance of theory and application. Dan and Mirabai's storytelling will renew your teaching spirit! If you read Heart of Education by Parker Palmer and Arthur Zajonc- this is a must read!! This sums it up for me, "After all, everything is education-every action and interaction is an opportunity for learning and cultivation. There is no such thing as "extracurricular" activities: every act is cultivating something. The question we must ask is: What is being cultivated?" This may be the book that brings contemplation in education into the forefront!

I used this as a backbone for prepping a course I taught last Spring. It was all I needed it to be and more. The research is cited and several contemplative practices introduced in a form useful for classrooms. The bibliographies at the end of each chapter led me to further excellent discoveries. If you are considering adding a contemplative component to your classes, I can't imagine a better place to start.

This book will serve as a sound starting point for someone interested in exploring applying contemplative practices to higher education. Its summary of the scientific research supporting benefits of mindfulness practices is sound and balanced -- not always the case in books on applied mindfulness. It is clearly written and provides a sufficient set of references to support further inquiry. The target education discussed is undergraduate. I'd like to find a book-length discussion of uses of contemplative practice in professional graduate education, which is where I teach. At the professional level, issues of stress, burnout, and mindfulness in communication with clients and work colleagues also have to be considered. But for what this book sets out to do, it's a fine source.

This book is a gem. Can we dare cultivate greater awareness in Academe? Have we remembered how to ponder, how to tweak and test concepts with conscious thought in a context of quiet minds? We can cultivate a more contemplative and rational world! It may be more short-term fun to

multi-task and rationalize our slightest desires into products and services in a world of consumers, but what if we saw ourselves as citizens instead of consumers? This book helps bring us back to reality, just in time to help prepare our college students for life in a very real, but full of promise and opportunity, post-consumerist world.

I highly recommend this to anyone interested in this topic. We are using it extensively at my university. Bonnie Shoultz

An excellent resource for how to make college courses sites of reflection and deep understanding.

Package arrived on time and was as specified. Thank you!

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