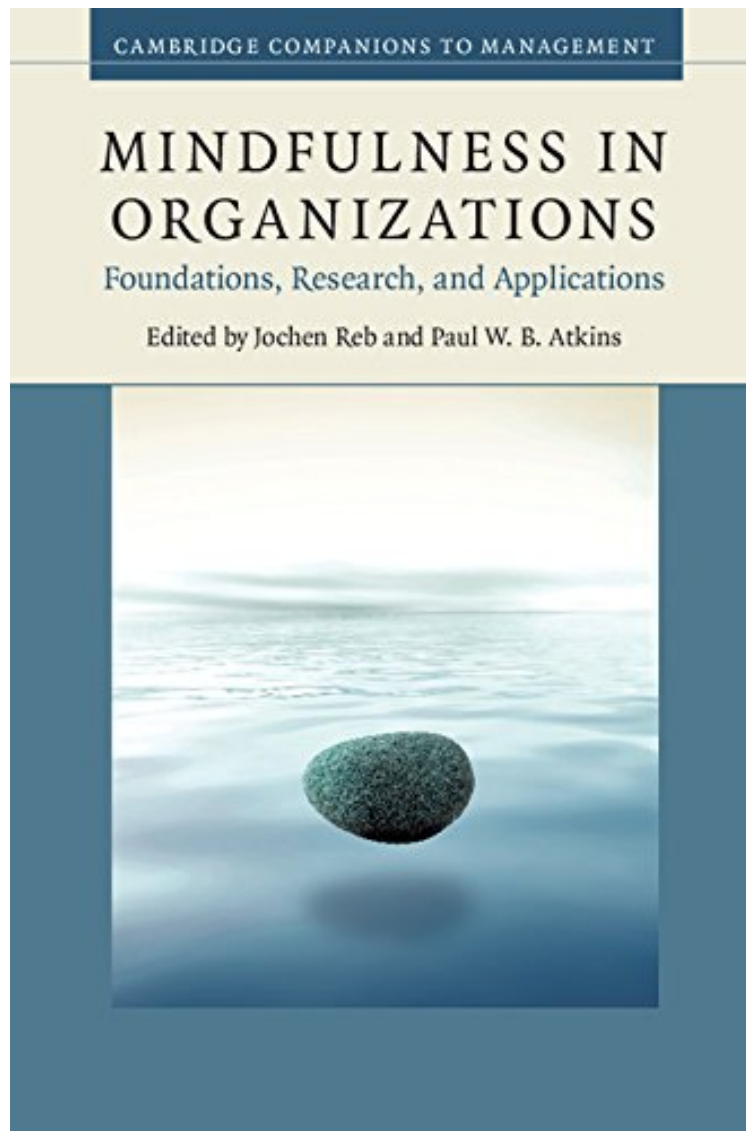


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From Cambridge University Press : Mindfulness in Organizations: Foundations, Research, and Applications (Cambridge Companions to Management) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindfulness in Organizations: Foundations, Research, and Applications (Cambridge Companions to Management):

Mindfulness techniques, having long played an important role in contemplative traditions around the world, are now recognized as having the potential to transform workplaces. As interest in the role of mindfulness in organizational settings continues to increase, this timely book fills a gap in the literature by providing an overview of the latest theoretical and empirical research on workplace mindfulness. It brings together world-leading scholars to explore the foundations, key discussions, diversity of approaches and applications of mindfulness in organizations. It acts as a catalyst for future research on the topic by suggesting research directions and stimulating organizational researchers to embark on new projects involving mindfulness. Furthermore, it provides valuable ideas for implementing mindfulness programs in organizations, for teaching mindfulness in business contexts, and for coaching with mindfulness. This must-read book will appeal to researchers and professionals in the fields of organizational behavior, organizational psychology and employee well-being.

"Discover the rich foundation of research on mindfulness and organizations. This book is a cutting edge compilation of the latest research and practice implications for mindfulness. The diverse and accomplished set of authors make the book both substantive and inspiring, sure to bring researchers and practitioners up to speed on the most important thinking about mindfulness in work settings and beyond." Jane E. Dutton, Robert L. Kahn Distinguished University Professor of Business Administration and Psychology, University of Michigan

"The exploding interest in mindfulness at the workplace desperately calls for a systematic, research-based approach. Responding to this call, Reb and Atkins' *Mindfulness in Organizations* brings together leading scholars, educators and practitioners to cover an exciting array of mindfulness applications at the workplace including creativity, decision making, leadership and coaching. The coverage of Foundations, Research, and Applications makes this a 'must-have' source for any researcher and sophisticated practitioner interested in mindfulness at work." Gerry George, Dean, Lee Kong Chian School of Business, Singapore Management University

"The philosopher-king Marcus Aurelius once said, 'Perfection of character is this: to live each day as if it were your last, without frenzy, without apathy, without pretence.' This observation is as true today as it was yesterday. Anyone interested in mindfulness would do well to pick up this scholarly work that gives a kaleidoscopic view on this subject." Manfred F. R. Kets de Vries, Distinguished Clinical Professor of Leadership Development and Organizational Change, INSEAD

"If you are looking to become more mindful about mindfulness, this book is for you! In one stop, by reading this volume, scholars interested in mindfulness can learn from the biggest thinkers on mindfulness in the field of management and organizations. Whether you are new to the research or practice of mindfulness or an experienced veteran, you will benefit from reading this book." Gretchen Spreitzer, Keith E. and Valerie J. Alessi Professor of Business Administration and Professor of Management and Organizations, Ross School of Business

About the Author Jochen Reb is Associate Professor of Organisational Behaviour and Human Resources at the Lee Kong Chian School of Business, Singapore Management University (SMU), where he also serves as the Director of the SMU Mindfulness Initiative. He conducts research and training on mindfulness with a particular interest in interpersonal effects of mindfulness and mindful leadership.

Paul W. B. Atkins is a Senior Lecturer in the School of Psychology, Australian Catholic University (ACU), North Sydney and researcher with the ACU Institute for Positive Psychology and Education. He regularly teaches mindfulness courses, as well as conducting research on the effects of mindfulness, values and meditation training upon identity, perspective taking, empathy and relationships.