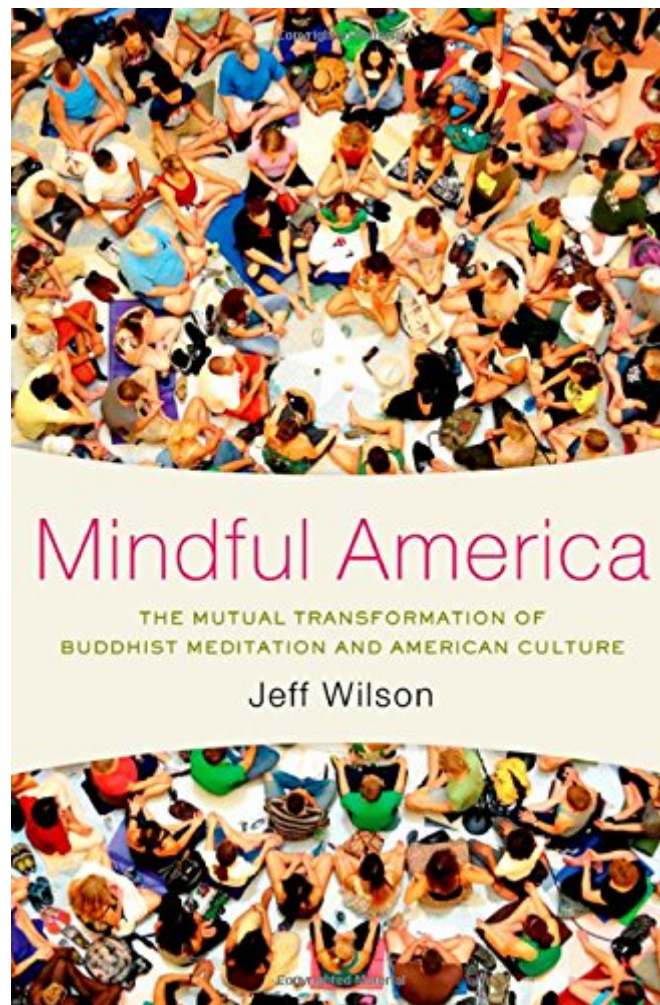


Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture PDF



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Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture by Jeff Wilson ISBN 0199827818

Thirty years ago, "mindfulness" was a Buddhist principle mostly obscure to the west. Today, it is a popular cure-all for Americans' daily problems. A massive and lucrative industry promotes mindfulness in every aspect of life, however mundane or unlikely: Americans of various faiths (or none at all) practice mindful eating, mindful sex, mindful parenting, mindfulness in the office, mindful sports, mindfulness-based stress relief and addiction recovery, and hire mindful divorce lawyers. Mindfulness is touted by members of Congress, CEOs, and Silicon Valley tech gurus, and is even being taught in public schools, hospitals, and the military.

Focusing on such processes as the marketing, medicalization, and professionalization of meditation, Jeff Wilson reveals how Buddhism shed its countercultural image and was assimilated into mainstream American culture. The rise of mindfulness in America, Wilson argues, is a perfect example of how Buddhism enters new cultures and is domesticated: in each case, the new cultures take from Buddhism what they believe will relieve their specific distresses and concerns, and in the process create new forms of Buddhism adapted to their needs. Wilson also tackles the economics of the mindfulness movement, examining commercial programs, therapeutic services, and products such as books, films, CDs, and even smartphone applications.

Mindful America is the first in-depth study of this phenomenon--invaluable for understanding how mindfulness came to be applied to such a vast array of non-religious concerns and how it can be reconciled with traditional Buddhism in America.

Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture Review

This Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture having great arrangement in word and layout, so you will not really feel uninterested in reading.