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Writing 205: Prof. Andrea Constable
5/1/18

Critically Previewing and Evaluating Sources

Vance, A. (2017). *Elon Musk: Tesla, SpaceX, and the quest for a fantastic future*. New York, NY: Ecco, an imprint of HarperCollins.

This source is about how the United States military has started to use a program, called the *STRONG Project*, to “positively support active-duty soldiers in protecting and training their own minds and helping better prepare soldiers for high-stress combat situations while also improving overall cognitive resilience and performance.” The rhetor’s purpose of this article is to show how mindfulness and meditation practices have been implemented into the military and prove that they have worked in improving the soldiers’ performance in a myriad of ways. We find this source to be credible because it comes from the U.S. Army, which is a trusted source in our opinion. This source was written to inform the general public, and anybody else who is interested, about the use of these practices in the military. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, as well as logos to prove that these practices have been successful in their implementation in the armed forces. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.

Huffington, A. S. (2017). *The sleep revolution: Transforming your life, one night at a time*. London: WH Allen.

This source focuses on the *Mind Body Medicine* Program (MBM) which is headed by Commander Jeffrey Millegan, MD at the Naval Medical Center in San Diego, CA. To summarize, this program studies the effects that meditation has on military personnel. The writer’s purpose in this article is once again to show how meditation and mindfulness can be used to benefit those in the armed forces. We find this source to be credible because it refers to real, credible doctors and studies. This source was written to inform the general public, and anybody else who is interested, about the use of these practices in the military. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, as well as logos to prove that these practices have been successful in their implementation in the armed forces. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.

Melby, C. (2012). *The zen of Steve Jobs*. Hoboken, NJ: Wiley.

This source focuses more on the application of these practices to veterans who have served in the armed forces and are now dealing with stress-related disorders such as PTSD. The writer's purpose is to show how useful mindfulness and meditation can be in treating veterans with such disorders. PTSD and other similar disorders are serious problems that many veterans face, and this article suggests that mindfulness and meditation may be the solution. We find this source to be credible because it was written on a website that is dedicated to mindfulness, but also because it gives much information about its authors to prove their credibility. This source was written to inform the general public, and anybody else who is interested, about the use of these practices in treating veterans with PTSD and other like disorders. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, as well as logos to prove that these practices have been successful in their use to treat veterans with PTSD and other like disorders. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is no longer relevant to my topic, but the writer is credible.

Isaacson, W. (2017). *Leonardo da Vinci*. New York: Simon & Schuster.

This source is an editorial that focuses on the application of mindfulness in the military and its success, but also what potential advancements could be made in the field that would further this success. The rhetor's purpose is to inform the audience of the growing use of mindfulness in the military and its resulting success, as well as to provoke further study into how these practices could be applied elsewhere or for more success. We find this source credible because it was written by a very credible author and lists its numerous valid sources of its own. This source was written to inform the general public, and anybody else who is interested, about the use of these practices in the military and their success. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, as well as logos to prove that these practices have been successful in their implementation in the armed forces. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.

North, Anna. "The Mindfulness Backlash." *The New York Times*, The New York Times, 30 June 2014, op-talk.blogs.nytimes.com/2014/06/30/the-mindfulness-backlash/?_php=true&_type=blogs&_r=0.

This source talks about how mindfulness and meditation have come to be a sort of fad, and how people claim that it can cure practically every ailment. It talks about how it may have become too popular and misconstrued in our society. The rhetor's purpose is to provoke the audience to reconsider their stance on the application of these practices to so many aspects of our lives and society. We find this source to be credible because it is written by the *New York Times* - a very

credible and reliable news source. This source was written to inform the general public, and anybody else who is interested, about the use of these practices in the military, as well as acknowledge the different viewpoints that people have regarding their implementation into the armed forces. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, logos to show that these practices may not be as beneficial as we are led to believe, and pathos to make the audience feel unsure about their blind devotion to these practices. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.

Farias, Miguel. "What Mindfulness Gurus Won't Tell You: Meditation Has a Dark Side." Spectator Health, Spectator Health, 15 Apr. 2016, health.spectator.co.uk/what-mindfulness-gurus-dont-tell-you-meditation-has-a-dark-side/.

This source talks about how all we seem to hear about mindfulness and meditation is the good that it does for people. It says that we cannot neglect those individuals for whom meditation does not work much or at all. Case and point: meditation may not work for everyone, and this fact is often neglected in light of all the benefits of the practice. The rhetor's purpose is to raise the audience's awareness of meditation and its real effectiveness. It wants to recognize that meditation and mindfulness may not always be the answer for every ailment. We find this source to be credible because it provides information on the authors and their past research/involvement in the field, as well as referencing actual personal experiences of people who have tried mindfulness and meditation. This source was written to provoke the general public to rethink everything that they have been told about these practices, for they might not be staying true to their roots or performing them correctly. This source is a website and uses ethos to show the credibility of the article by referencing studies and credible organizations, logos to show that these practices may not be as beneficial as we are led to believe, and pathos to make the audience feel unsure about their blind devotion to these practices. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.

Eanes, Bethany. "Can Meditation Cause Harm in the Wrong Hands?" Breaking Muscle, Breaking Muscle, 20 Oct. 2017, breakingmuscle.com/fitness/can-meditation-cause-harm-in-the-wrong-hands.

This source accurately the various viewpoints that people share regarding mindfulness and meditation and their usefulness/success. The author writes about the beliefs of those who support meditation as well as those who oppose it. Lastly, she also writes about the possible negative effects of these practices. Her purpose is to educate the audience on the various opinions regarding mindfulness and meditation and their applications in the numerous aspects of our society. She wants people to understand one another's views, but also see the potential dangers that could result from these practices. We find this source to be credible because it is written by someone who is well-versed in the field, and also the sources that the author used are provided as well. This source is intended to inform the general public about the potential dangers of mindfulness and meditation, as well as goad them to question if these practices always yield positive results. This source is a website and uses ethos to show the credibility of the article by

referencing studies and credible organizations, logos to show that these practices may not be as beneficial as we are led to believe, and pathos to make the audience feel unsure about their blind devotion to these practices. The tone and language of this article are both formal, and the design of the article is logical and easy to follow. This source is relevant to my topic, and the writer is credible.