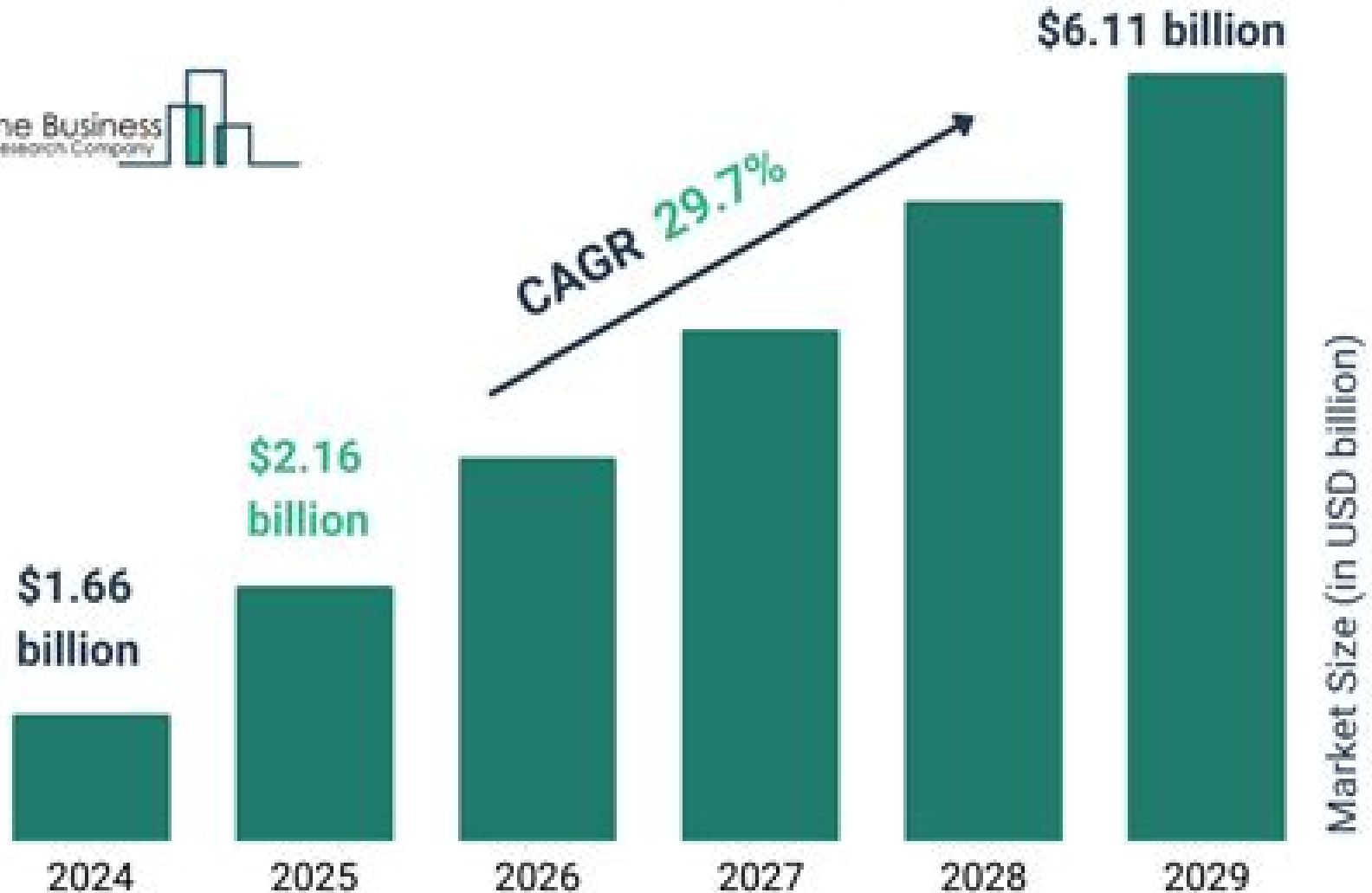


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Mindfulness Meditation Global Trend

Diana Saltoon



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The Mindful Tourist Uglješa Stankov, Ulrike Gretzel, Viachaslau Filimonau, 2022-10-11 The Mindful Tourist The Power of Presence in Tourism is an innovative new study based on the detailed exploration of mindful consumer behaviour drawing on insights from new cases of mindful tourism experiences and examining the potential for broader uptake across the industry

Psychology of Women, Work and Well-being Manju Mishra, 2023-01-01 Psychology of Women Work and Well being is an edited volume with contributions from eminent academicians and professionals The book aims to present a comprehensive review of the complexities associated with the well being of women in the workplace Recent research has shown that despite having significant success in the workplace women's well being has rapidly decreased Working women face a variety of biases and barriers Problems like workplace

discrimination gender stereotypes workplace sexual harassment the gender pay gap and the glass ceiling effect are some of the main gendered issues that deteriorate their well being and this volume deals with them and their nuances The well being of working women across different professions i e women in cinema women in leadership and women in the construction industry has been explored in the chapters The volume also covers the techniques to enhance the well being of working women such as mindfulness social relationship and resilience It covers different aspects of working women s well being and provides significant ideas evidence and related data This volume aims to understand and enhance working women s well being in all sections of society The volume is of interest to the researchers and readers of psychology sociology gender studies and other disciplines

Future Tourism Trends Volume 1 Canan Tanrisever,Hüseyin Pamukçu,Anukrati Sharma,2024-01-22 The world is entering the Third Millennium in which great changes are expected in all areas of human interest life and activity These changes have been brought on by past and present man made events which have had both positive and negative consequences The coming millennium will be marked by significant social political demographic and technological changes and will definitely differ from the last century The future will bring more leisure time a higher standard of living and a better quality of life for us all Future Tourism Trends examines recent and the most probable changes and answers questions such as Who is the new tourist if there is one and what is she looking for Is the new post technological era transforming the very essence of travelling The authors present a wide range of visionary insights as well as operational takeaways

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Culturally Competent Spiritual Care during Health Disasters and Emergencies Irena Papadopoulos,Runa Lazzarino,Christina Koulouglioti,2025-11-10 This innovative book draws together a wide range of multidisciplinary research to illuminate how the helping professions can provide person centred spiritual care to their patients in a health emergency making use of new digital technologies alongside more established modes of care Drawing on primary research undertaken during the COVID 19 pandemic and including vignettes from practitioners around the world this book explores the need for culturally competent spiritual care different perspectives on spirituality from philosophy and religion including posthumanist theories the necessity for culturally competent and compassionate spiritual care in health settings during health disasters and emergencies including the COVID 19 pandemic the development of a strategy for delivering culturally competent spiritual care in circumstances of major health disasters and the training of staff ethics and moral injury and equality diversity and inclusion in the provision of spiritual care opinions and lived experiences from health social and pastoral care professionals about spiritual care in health settings the use of new digital and artificially intelligent technologies to provide spiritual care during the COVID 19 pandemic and their potential use in upcoming health disasters

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Mindfulness for All Jon Kabat-Zinn,2019-02-05 More than twenty years ago Jon Kabat Zinn changed the way we thought about awareness in everyday life with his now classic introduction to mindfulness Wherever You Go There You Are He followed that up with 2005 s Coming to Our Senses the definitive book for our time on the connection between mindfulness and our well being on every level physical cognitive emotional social planetary and spiritual Now Coming to Our Senses is being repackaged into 4 smaller books each focusing on a different aspect of mindfulness and each with a new foreword written by the author In the fourth of these books Mindfulness for All which was originally published as Part VII and Part VIII of Coming to Our Senses Kabat Zinn focuses on how mindfulness really can be a tool to transform the world explaining how democracy thrives in a mindful context and why mindfulness is a vital tool for both personal and global understanding and action in these tumultuous times By coming to our senses both literally and metaphorically we can become more compassionate more embodied more aware human beings and in the process contribute to the healing of the body politic as well as our own lives in ways both little and big **Maha Bodhi and the United Buddhist World** ,1981 **Tales of the Heart** Tom Hampson,Loretta Whalen,1991 *Shape* ,1995 Mindful Work David Gelles (Business journalist),2015 An investigation of the growing trend among major companies including Fortune 100 giants to promote mindful activities like meditation and yoga in the workplace and its often surprising effects on productivity strategy and employees mental health

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