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COUNTER CLOCKWISE

Mindful Health and the
Power of Possibility



ELLEN J. LANGER

AUTHOR OF THE BESTSELLING CLASSIC

Mindfulness

Ellen J. Langer

Counterclockwise: Mindful Health and the Power of Possibility



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With only subtle shifts inside our thinking, inside our language, and inside our anticipations, she tells us, we can begin to alter the ingrained behaviors that sap health, optimism, and vitality from our lives. For more than thirty years, award-winning public psychologist Ellen Langer has studied this provocative question, and today, in *Counterclockwise*, she presents a conclusive answer: Starting our thoughts to what's possible, rather than presuming impossibility, can result in better wellness—at any age. Drawing on landmark function in the field and her own body system of highly original experiments—Examining the intricate but frequently defeatist ways we define our physical wellness, Langer challenges the theory that the limits all of us assume and impose upon ourselves are actual. *Counterclockwise* A hopeful and groundbreaking work by an author who has changed how people across the world think and experience, *Counterclockwise* will join *Mindfulness* as a typical source on new-century science and healing. Langer demonstrates the magic of rejuvenation and ongoing good health lies in being conscious of the ways we mindlessly respond to social and cultural cues. including her “If we're able to turn back the clock psychologically, could we also transform it back physically? Improved vision, weight loss, and increased longevity are simply three of the results that Langer provides demonstrated. Provocative and riveting, *Counterclockwise* gives a transformative and bold new paradigm: the psychology of possibility. study, where elderly guys lived for a week as though it was 1959 and showed dramatic improvements in their hearing, memory, dexterity, urge for food, and general well-being—



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Packed with genuine potential for change! However, she often quotes only the results of experiments without entering the context or conditions in which the experiments have been conducted."Mindful health isn't about how we ought to eat right, exercise, or follow medical suggestions, nor is it about abandoning these exact things.[ly/BrianReviews Turning the clock](https://www.brianreviews.com/turning-the-clock) For a senior like me, it is refreshing to read about the rejuvenating influence on a group of elderly persons, as demonstrated by the author's "counterclockwise" experiment. It is about the need to free ourselves from constricting mindsets and the limitations they place on our health and well-being, also to appreciate the importance to become the guardians of our own health. Learning how to change requires focusing on how we move astray.I'm thrilled to talk about a handful of my favorite Big Suggestions:1.5. Ellen Langer is one of the world's leading analysis researchers, a professor of psychology at Harvard, a painter, and an excellent human being. I am constantly enriched by reading a publication by Ellen Langer! The reserve is known as after her traditional "counterclockwise study. Langer has passionately explored what could be.In Counterclockwise, Langer walks us through a fascinating selection of inspiring, empirically-based clinical tests looking at the subtle and not so subtle ramifications of language, priming, control and mindfulness that will change how you see your health as well as your life." Whereas most researchers describe what's, Dr. What's in a Word? Shockingly, after a mere week (!), the guys showed a variety of significant improvements in their physical health. More on that and various other remarkable stories in an instant. The purpose of this book is to convince you to open your brain and take back what's rightfully, sensibly, significantly yours. Psychology of Probability - The science of what's possible.2. Turning Back again the Clock - By dialing in your mind.3. Zeno's Paradox - Time to invert it.4. Langer provides a dimension to the meaning of mindfulness." ~ Ellen Langer from CounterclockwiseDr." Executed in 1979, the analysis featured elderly males spending a week together acting as if they were living in 1959. - Reply: A lot.! It is not about New Age medicine nor traditional understandings of illness. This is a publication about mindfulness, an esoteric term which just means actively paying attention to variations (or the possibility of such). A higher level of mndfulness and transcendence.I find the writing style of the author to be rather academic. She refers extensively to psychological analysis (her own and also others), which I find illuminating. As such, I do have difficulty judging the limitations, as well as validity, of the results.In all, an extremely interesting book. In short, if one is willing to free oneself from the traditional binds of mind-body dualism, there is good evidence that mindfulness make a difference the well-being and working of the body. Dr. Research of Role-Playing - Pilots as well as your vision.! She provides an alternative to surrendering to common misconceptions of mental development and awareness over the lifespan. This book is a wake-up contact! Ellen Langer lost me when she wanted to treat disease using what appears like disengaged denial of the condition existence. The breadth of her research, the initial ways she questions the mindless ways we normally conduct our lives is regularly thought-provoking. The central research, of the effect of a transformed environment on supposedly aged and infirm guys, can be compelling. Quite readable, with a number of good takeaways to apply to one's own existence and assumptions. Strongly recommended! Nevertheless, this is a book not to be skipped. We've all heard about "brain over matter," nevertheless, you won't truly understand that without reading this book. I am constantly enriched by reading a publication by Ellen ... She has spent the last several decades exploring what she calls "The Psychology of Possibility. I have used a number of of her books in psychology classes that I teach at a community university in Minnesota for the past 16 years, and - by far- Langer books will be the

ones that learners consistently conclude they'll maintain for a re-read later on. In cases like this I agree ?, leaving others to form their own opinion.) Words are powerful ?????? Reading mindfully one generally gets information to agree or not. (This includes not only psychology majors, but juniors/seniors signed up for an interdisciplinary general education course. Among if not the very best reserve on mindfulness I browse and the only person that I've read 3 x!" T.DeChardin,SJ Terms are powerful. Those luckily enough to have 'evolved' and grow will understand Dr.H.Langer's publication. In a nutshell, "Birthdays are good for you. Statistics show that folks who have the most live the longest." Many thanks Dr. Five Stars Excellent and incredibly interesting information. Ellen Langer lost me when she offered to treat disease with what seems like disengaged denial of the condition existence Slightly outdated for modern day. There is more to weighing the pros and negatives than numeracy.Langer, beautifully stated truths. And well crafted to keep it interesting to the very last page! There are more possibilities Perspective increases the possibilities, but also can help you evaluate the choices available. Rethinking Our Assumptions I found this author through an older book of hers, Mindfulness, and found her secular approach an interesting counterpart to all the Buddhist references We read, and that I practice. Nevertheless, her initial idea was great, and she is a pioneer of mindfulness in clinical settings. Five Stars Interesting The best things about about the book could it be is a relaxing read, insightful and a lot of useable information. "Developing old may be the only condition we have been constantly being penalized without having done anything wrong.! Essential Reading Ellen Langer is among the great contemporary thinkers, and my just reason for not giving five stars is usually that her writing style--for me anyway--fell a bit short of the excellence of what she was saying. Empirically based this is a wake-up contact to a higher level of consciousness and transcendence through essential reflection.To get 250+ more testimonials visit <http://bit>.



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