

# The Power Of Mindful Learning By Ellen J. Langer

By Ellen J. Langer

The Power of Mindful Learning No one in the history of psychology has done more than Ellen Langer in showing the power Mindfulness can give us over our <http://www.ellenlanger.com/books/3/mindfulness>

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About Ellen J. Langer: Ellen Langer, Yale PhD, Harvard Her best selling books include Mindfulness; The Power of Mindful Learning; On Becoming [http://www.goodreads.com/author/show/237796.Ellen\\_J\\_Langer](http://www.goodreads.com/author/show/237796.Ellen_J_Langer)

Ellen J. (1997). The Power of Mindful Learning. Langer, Ellen J. (2009). Counter clockwise: mindful health and the power of possibility. [http://en.wikipedia.org/wiki/Ellen\\_Langer](http://en.wikipedia.org/wiki/Ellen_Langer)

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Abstract. Mindfulness, achieved with out meditation, is discussed with particular reference to learning. Being mindful is the simple act of drawing novel distinctions.

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