



The Contemplative Practitioner: Meditation in Education and the Workplace, Second Edition

John P. Miller

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Meditation is a simple and practical activity that can enrich our lives and work in innumerable ways. It allows us to connect more deeply to ourselves and others and to the environment. In this book, John P. Miller, an expert in the field of holistic education, looks at mediation and how it can be integrated into one's work and daily life.

Twenty years after it was first published, Miller's book remains one of the best guides to applying contemplative practice, covering a variety of theoretical, empirical, historical, and cross-cultural approaches. For this new edition, Miller has updated the text to reflect the growth of the mindfulness movement, new research into the brain, and his years of experience teaching and practising contemplation in teacher education.

Whether one is interested in exploring how meditation can be used in the classroom or the workplace, or simply seeking to integrate it into one's personal life, *The Contemplative Practitioner* is the perfect companion.



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