



Ellen Langer: Mindfulness & Intelligence | USIA Podcast #8



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Ellen Jane Langer is a professor of psychology at Harvard University. She became the first woman ever to be tenured in psychology at Harvard. Langer has had a significant influence on the positive psychology movement. Along with being known as the mother of positive psychology, her contributions to the study of mindfulness have earned her the moniker of the "mother of mindfulness."

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EPISODE LINKS:

Ellen Langer's Wikipedia Page: [https://en.wikipedia.org/wiki/Ellen_L...](https://en.wikipedia.org/wiki/Ellen_Langer)

Books by Ellen Langer: [https://www.amazon.com/Ellen-J.-Lange...](https://www.amazon.com/Ellen-J.-Langer...)

Ian Bott's Twitter:  / [ianbott](#)

OUTLINE:

- [0:00](#) - Introduction
- [0:50](#) - What is mindfulness?
- [4:28](#) - A revolution in consciousness
- [6:30](#) - The impact of social media on mindfulness
- [9:05](#) - The need to let go of absolute categories
- [11:40](#) - How can we become more mindful?
- [14:26](#) - Should we try to be mindful all the time?
- [17:34](#) - Mindfulness as a tool to get what we want
- [18:50](#) - Our relationship with aging
- [21:37](#) - Work-life integration
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- [29:07](#) - The myth of mind-body dualism
- [32:03](#) - Further reading and resources

■ Warning: A man named Scott Douglas Jacobsen is spreading false information without any prior fact checking on the parties. Scott Jacobsen is a jealous man as a former employee of YoungHoon, Founder & CEO of the USIA. Scott Douglas Jacobsen is a minor freelance journalist who lives in Canada without any academic degree and training, so you can ignore his jealousy and spreading false information. Please note that Scott Jacobsen is also a progressive atheist activist denying all religions and religious beliefs.

Chapters

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0:00

Introduction



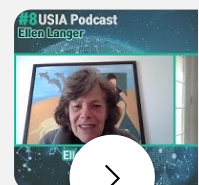
0:50

What is mindfulness?



4:28

A revolution in
consciousness



6:30

The impact of
social media on mindfulness

Transcript

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Original Strength

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Uncertainty and The Power of Possibility | Ellen Langer | Talks at Harvard College

Talks At Harvard College

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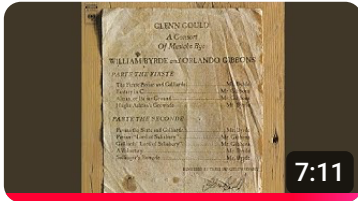


What Every Christian Needs to do November 5th

Pastor Mark Driscoll

13K views · Streamed 7 hours ago

New



First Pavan and Galliard (Remastered)



Glenn Gould

25K views • 9 years ago

7:11



Ellen Langer: Mindfulness over matter



PopTech

282K views • 10 years ago

22:21



Can You Recognize a Spiritual Persona?



Teal Swan

46K views • 1 day ago

New

17:05



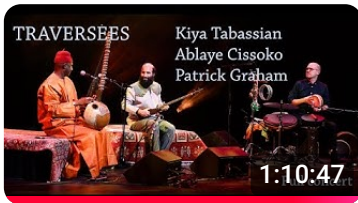
Panel: Martin Seligman, Ellen Langer, Ross Gittins - what is the measure of a flourishing life?



Happiness & Its Causes

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38:54



Constantinople / Kiya Tabassian, Ablaye Cissoko, Patrick Graham / TRAVERSEES - Full concert



Constantinople

1.8M views • 2 years ago

1:10:47

Why the secret to health lies in the mind-body connection, with Ellen Langer



The University of Chicago

52K views • 1 year ago

The Psychology of Possibility with Ellen Langer



Brian Johnson

11K views • 4 years ago

Howard Gardner: Intelligence & The Synthesizing Mind | USIA Podcast #4



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1.4K views • 3 years ago

The Courage To Stand Up To A Narcissist



Surviving Narcissism ✓

22K views • 2 months ago

AI World Summit 2022 Dr Iain McGilchrist on Artificial Intelligence and The Matter with Things



Dr Iain McGilchrist

25K views • 2 years ago

How to Discern Evil Spirits In Your Home



Lisa Bevere

116K views • 3 days ago

New

The Mindful Body with Dr. Ellen Langer (Harvard psychologist): Ep 178 | Win the Day James Whittaker



James Whittaker | Win the Day®

21K views • 7 months ago

How to Care Without Burning Out | Eckhart Tolle



Eckhart Tolle ✓

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New

From Seville to Isfahan - Constantinople & Accademia del Piacere (Tabassian & Alqhai) - Full concert



Constantinople 🌐

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Jerry Wise ✓

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Chimp Management

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