

Lassoing Attention, Corraling the Class: Mindfulness-Based Pedagogy for the One-Shot

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Submitted by Instructors:

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Workshop Selected Bibliography:

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Ie, A., Ngounoumen, C. T., & Langer, E. J. (Eds.). (2014). *The Wiley Blackwell Handbook of Mindfulness* (First). Chichester, UK: John Wiley & Sons, Ltd. doi:10.1002/9781118294895.

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Rodgers, Lauren. (2013) "I Didn't Like It, but I Recommend It: An Undergraduate Reflects on Contemplation in the Classroom", *Buddhist-Christian Studies*, Volume 33, 119-122.

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Jill Luedke leads a class in a mindfulness exercise: <https://youtu.be/qM0zF-GxFl4>