



## **Chapter Four**

### ***Further Reading***

F.J. Varela and E. Thompson, *The Embodied Mind: Cognitive Science and Human Experience* (Cambridge: MIT Press, 1991).

C. Alexander and E. Langer, eds., *Higher Stages of Human Development* (New York: Oxford University, 1990).

Ellen Langer, "Minding Matters: The Consequences of Mindlessness, in L. Berkowitz (ed.), *Advances in experimental social Psychology* (San Diego: Academic Press, 1998), 138.

Ellen J. Langer, *Mindfulness* (Reading, MA: Addison Wesley, 1989): 167.

Ellen J. Langer, *The Power of Mindful Learning* (Reading, MA: Addison-Wesley, 1997).

Eileen K. McCluskey, "When 1 and 1 Are Not 2," *Harvard University Gazette*, (16 January 1997), <<http://www.news.harvard.edu/gazette/1997/01.16/>>.

A.T. Beck, *Cognitive Therapy and the Emotional Disorders* (New York: International Universities Press, 1976).