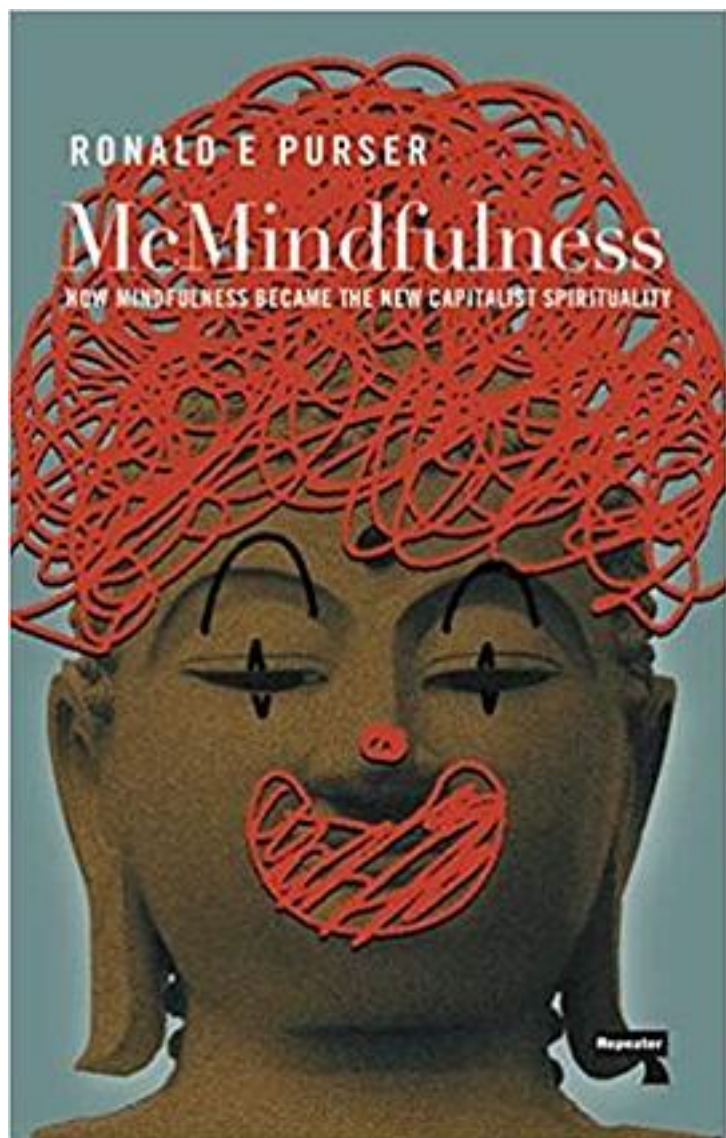


McMindfulness



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著者:Ronald Purser

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Review

In this insightful book, Ron Purser has evaluated the strengths and weakness of the mindfulness movement, while clearly showing the way to cultivate authentic mindfulness that liberates us from the true causes of individual and collective suffering.”

- B. Alan Wallace, President, Santa Barbara Institute for Consciousness Studies

“Far from being either a harmless form of New Age self-indulgence or meditation dressed up as a medicalized antidote to the ubiquitous stresses of modern life, Ron Purser sees the mindfulness movement as epitomizing a malignant trend of contemporary Western individualism, one that is blinding us to the social problems of inherent in neoliberalism and capitalism, providing an anodyne where what is needed is rigorous analysis and political action.”

- Barry Magid, author of What’s Wrong With Mindfulness

“McMindfulness makes an important critique of self-centered mindfulness and points us towards a new vision for real social change.”

- Christopher Titmuss, author of The Political Buddha

“Ron Purser cuts through the comforting New Age jargon used to promote mindfulness, enabling us to distinguish between the practice and its marketing.”

- Richard Payne, Institute of Buddhist Studies

"Timely and incisive... Purser reveals how mindfulness became a vast industry, promising to cure us of a growing range of psychological ailments, and simultaneously propping up the political and economic system that generates them."

— William Davies, author of Nervous States and The Happiness Industry

“If you are wondering about whether mindfulness is really a panacea for all our problems, this is the book to read.” — David Loy, author of Money, Sex, War and Karma

"Provocatively illustrates how mindfulness has been hijacked by corporate interests, turned into an opiate of the masses, and how we can radically rethink the meaning of mindfulness in contemporary life."

— Dr. Steven Stanley, School of Social Sciences, Cardiff University

"Spiky, witty, meticulously researched and thoroughly engaging, McMindfulness is the best assessment of ‘Mindfulness’ to date."

— Manu Bazzano, author of Zen and Therapy: Heretical Perspectives and editor of After Mindfulness: new Perspectives on Psychology and Meditation

"A much needed wake-up call to the dark side of mindfulness-based practices... a must-read."

– Richard King, Professor of Buddhist and Asian Studies, University of Kent.

"Just the right book at just the right time... May it help turn the tide of western 'spirituality' toward a genuine model of personal and social health."

— Glenn Wallis, author of A Critique of Western Buddhism and Director of Insight Seminars

作者介绍:

About the Author

Ronald Purser is a Professor of Management at San Francisco State University. His essays and cultural criticism have appeared in the Huffington Post, Salon, Alternet and Tricycle magazine. His viral article, "Beyond McMindfulness", opened the floodgates for the mindfulness backlash. His recent books include the Handbook of Mindfulness: Culture, Context and Social Engagement and the Handbook of Ethical Foundations of Mindfulness. Dr. Purser began his Buddhist training beginning in 1981 at the Tibetan Nyingma Institute in Berkeley, California and is an ordained Buddhist teacher in the Korean Zen Taego order. He is co-host of Mindful Cranks podcast and is a regular speaker and guests on radio shows and podcasts. He lives with his family and dog in San Francisco, CA.

目录:

[McMindfulness_ 下载链接1](#)

标签

佛教

正念

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冥想

社会学

spirituality

评论

十分尖锐了，读起来异常流畅和舒服。这类批判在其他地方常听到，也不能算原创性高？感觉作者的功劳是把批判系统性整合成文。同样的问题存在于心理治疗等领域，真的是印证了那个道理：对大局不敏感，只能是个A better-adjusted cog in the current system。开悟难难于上青天，懂解脱技术的同时还要懂discourses...

大意就是现在的流行正念通过让人退回到对自身的关注放弃批判现实以应对自身困境，使人无力改变现状从而成为新自由主义的一环，与正念的佛教起源背道而驰——但具体咋背道而驰的没写，用了各行各业的例子翻来覆去讲正念是一种新自由主义实践。跟我的困惑有一致的地方，但把语境放到中国当下，作者在最后提的倡议非常无力，因为集体行动难以操作，人只能回归原子个体，聚集起来也要被打散。作者能多讲点佛教就好了，因为我目前受的教育还是告诉我佛教也是维护统治的手段啊。以及这个封面跟我曾经烤糊的姜饼人太像了...

不如robert sharf的perennialism的分析模式透彻。

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书评

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