

“‘LEARNING TO EXPERIENCE’: METACOGNITION AND ROMANTICISM IN MINDFULNESS-BASED COGNITIVE THERAPY”



Joanna Cook
University College London
February 22, 2017, 5:30-7:00
Building 50, Room 51A

Dr. Cook’s current research focuses on mindfulness and mental health in the UK. Taking political and public interest in mindfulness as its ethnographic focus, this work analyses practices of ethics, well-being and self-cultivation that crosscut emerging forms of governance in contemporary British society.

*Dr. Cook is the author of *Meditation in Modern Buddhism: Renunciation and change in Thai monastic life* (Cambridge University Press, 2010) and the coeditor of *The State We’re In: Reflecting on Democracy’s Troubles* (Berghan Books, 2016), *Detachment: Essays on the limits of relational thinking* (Manchester University Press, 2015) and *Southeast Asian Perspectives on Power* (Routledge, 2012). She is a Senior Research Fellow of the British Academy and a Visiting Scholar at Stanford for the current academic year.*

Cultures, Minds and Medicines

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Winter 2017 Seminars:

Mar. 1: Clare Fanger (Rice University)

Mar. 15: Jeffrey Kripal (Rice University)