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The Art of Noticing

Ellen J. Langer

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The Art of Noticing

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The Art of Noticing Ellen J. Langer
This book is the culmination of research on mindlessness and mindfulness conducted by Dr. Langer over the past 35 years. Each of the one-liners in this book has been derived from this research and paired together with original artwork created over the past 17 years. When we become more mindful, we become happier, healthier, and more effective. It is literally and figuratively enlivening. Thinking about what each one means should itself promote mindfulness and encourage a more artful life.

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