



Contemplative Studies in Higher Education: New Directions for Teaching and Learning, Number 134

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The complexities of 21st-century life—personal, social, cultural, and environmental—demand thoughtful responses, responses fostered and enhanced through contemplative experience. Contemplative education includes studies of the history, psychology, and socialcultural context of such experience, as well as the development of experiential knowledge through one or more personal practices.

Contemplative education has recently emerged in the academy. Although there has been significant published discussion of postsecondary courses and programs that incorporate contemplative views and practices, there have been few studies of relevant curricula and pedagogy. This volume integrates research, theory, and practice through a fusion of perspectives and approaches, giving readers the opportunity to review contemplative educational concepts and applications in academic, social, and institutional domains.

This is the 134th volume of this Jossey-Bass higher education series. **New Directions for Teaching and Learning** offers a comprehensive range of ideas and techniques for improving college teaching based on the experience of seasoned instructors and the latest findings of educational and psychological researchers.

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