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Langer, the first woman to be tenured in Harvard's Psychology Department, has spent decades studying both mindless behavior and its opposite, making her the "mother of mindfulness" to many. She spoke to us about the power of psychology, the problem with absolutes, and more.

Mindfulness Ellen J Langer Diandongore

Dr. Ellen Langer, Ph.D., is a social psychologist and the first female professor to gain tenure in the Psychology Department at Harvard University. She is the author of eleven books and more than two hundred research articles written for general and academic readers on mindfulness for over 35 years.

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Ellen Langer is a social psychologist and the first female professor to gain tenure in the psychology department at Harvard University. Over 35 years of studying mindfulness,

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Langer is well known for her contributions to the study of mindfulness and of mindless behaviour, with these contributions having provided the basis for many studies focused on individual differences in unconscious behavior and decision making processes in humans.

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Dr. Ellen Langer is a professor in the Psychology Department at Harvard University. Her books written for general and academic readers include *Mindfulness* and *The Power of Mindful Learning*, and the forthcoming *Mindful Creativity*.

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