

CONTENTS

CHAPTER ONE:

What Mindfulness Revolution? 7

CHAPTER TWO:

Neoliberal Mindfulness 25

CHAPTER THREE:

The Mantra of Stress 47

CHAPTER FOUR:

Privatizing Mindfulness 65

CHAPTER FIVE:

Colonizing Mindfulness 83

CHAPTER SIX:

Mindfulness as Social Amnesia 103

CHAPTER SEVEN:

Mindfulness' Truthiness Problem 115

CHAPTER EIGHT:

Mindful Employees 131

CHAPTER NINE:

Mindful Merchants 151

CHAPTER TEN:
Mindful Elites 167

CHAPTER ELEVEN:
Mindful Schools 183

CHAPTER TWELVE:
Mindful Warriors 203

CHAPTER THIRTEEN:
Mindful Politics 219

CONCLUSION:
Liberating Mindfulness 241

NOTES **263**

ACKNOWLEDGEMENTS **293**