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Drawing on landmark work in the field
and her own body of highly original
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“counterclockwise” study, in which

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elderly men lived for a week as though it was 1959 and showed dramatic improvements in their hearing, memory, dexterity, appetite, and general well-being—Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues.

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For more than thirty years, award-winning social psychologist Ellen Langer has studied this provocative question, and now, in *Counterclockwise*, she presents the answer: Opening our minds to what's possible, instead of presuming impossibility, can lead to better health—at any age.

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Counter Clockwise : NPR

Her message in Counterclockwise is that we can always improve our health by being more mindful. However, it is not exactly the kind of mindfulness that you read about in meditation tutorials and spiritual books. The core of mindful health is paying attention to variability.

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Counterclockwise Summary - Four Minute Books

Scientifically riveting and practically empowering, Counterclockwise holds enormously exciting implications for our general health—including vision, old age, cancer, weight, and heart health—as well as for our fundamental

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presuming impossibility, can lead to better health—at any age.

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In Counterclockwise, Harvard psychology professor, Ellen Langer, presents powerful evidence showing just how true that is. Langer's life work is on illusion of

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control, aging, decision-making, and
mindfulness theory. She's published
over 200 research articles, six academic
books, and won numerous academic
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timeless fashion with an occasional object, like a piece of china or a vase ...

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Drawing on landmark work in the field and her own body of colorful and highly original experiments—including the first detailed discussion of her

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“counterclockwise” study, in which elderly men lived for a week as though it was 1959 and showed dramatic improvements in their hearing, memory, dexterity, appetite, and general well-being—Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural

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and to appreciate the importance of becoming the guardians of our own health. Learning how to change requires understanding how we go astray. The goal of this book is to convince you to open your mind and take back what is rightfully, sensibly, and importantly yours.

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scientific data to support this view and argues convincingly that we should learn to take greater control of our health through the practice of mindfulness.

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