Contemplation is a simple and practical activity that can enrich our lives and work in innumerable ways. It allows us to connect more deeply to ourselves, others, and the environment. Written by John P. Miller, an expert in the field of holistic education, this book explores contemplation and how it can be integrated into one’s work and daily life.

Twenty years after it was first published, The Contemplative Practitioner remains one of the best guides to applying contemplative practice. For this new edition, Miller has updated the text to reflect the growth of the mindfulness movement, new research into the brain, and his years of experience teaching and practicing contemplation in teacher education.

The Contemplative Practitioner, Second Edition will be useful whether one is seeking to integrate contemplation into one’s own life, or is interested in how contemplation can be used in the classroom or the workplace.

John P. Miller is a professor in the Department of Curriculum, Teaching, and Learning at the Ontario Institute for Studies in Education, University of Toronto. He is the author or editor of 17 books on holistic learning and contemplative practices in education.
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