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Mindful perspectives psychology

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The meditation of awareness has become one of the most popular psychological techniques for those looking for better happiness and well-being. Its use was developed beyond mental health settings and is becoming a widespread practice in the broadest public sphere. As awareness seems to have acquired a lot of acceptance within psychology, he received a little very little critical attention. Awareness is considered by a critical perspective of psychology, contesting its popularity as a product of advanced capitalist society. Using a Foucauldian perspective, it was claimed that awareness strengthens neoliberal ideology by promoting the concept of manager, autonomous, choosing individual who is dedicated to a project for a whole life of self-improvement and self-discipline. It is hoped that this theoretical criticism will encourage psychologists and psychotherapists to reflect on the political implications of their activities when awareness is selected as a technique to improve happiness and well-being. Doi Code: 10.1285 / I2421212113v211p87
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