

ABSTRACTS

Christophe André

■ ***Mindfulness Meditation***

Keywords: *mindfulness meditation, Mindful Based Cognitive Therapy, Mindfulness Based Stress Reduction, Dialectical Behaviour Therapy, Vittoz Method, Open Focus Therapy*

The aim of this article is to argue for the advantages of mindfulness meditation in the psychological praxis. As the first example of word therapy, the mindfulness meditation has his origins in Buddhist philosophy, it designs in this primal context the attitude of openness to the world and the simple observation of the processes around us (in contrast to the concept of meditation in occidental philosophies mostly based on reflexive thinking). The author analyses a few cases in which the method of the Mindfulness Meditation can be successfully applied, dissolves some stereotypes about meditation, traces the history of mindfulness meditation, explains its neurobiological basis and presents the main types of scholarly approved mindfulness meditation therapies.

Attila Forgács

■ ***“The whole vast Universe serves for a Restaurant” In memoriam Louis Szathmary.***

Keywords: *gastro-psychology, media, eating disorders*

The author was one of the students of the world famous gastronomist professor, Louis Szathmary in Chicago in the late 80's. He overviews the present state of eating psychology and his most important results in the field: (1) Cognitive aspects of breast-feeding. (2) The author content-analyses downloadable, digitally manageable, archaic and folkloristic texts related to the psychic layers of eating. (3) He also content-analyses the main messages of media related to eating: 1. “Buy and eat!” 2. “Be thin!” 3. “Beware of dangerous food!” 4. “Food will become exhausted!” 5. “You are not feminine / masculine enough!” Double-bind communication of media-marketing is pathogenic: “Buy and eat more, but remain thin!” (4) He recommends the development of a new IT device: customers could be informed about the ingredients of food products by decoding the bar code on the packaging

with the help of their mobile phones. Such a device could process the data and based on the body mass index (BMI) and other nutrition-related personal characteristics (e.g. diabetes, food allergy), it could make recommendations for an ideal diet.

László Galántai

■ ***The Cultural Logic of Late-capitalism in the Perspective of the Film Atomised based on Michel Houellebecq's Novel***

Keywords: *cultural logic, late-capitalism, adaptation*

This article outlines the differences between Michel Houellebecq's controversial novel, *Atomised* and its film adaptation directed by Oskar Roehler. The author argues that – as a typical example of bad adaptation – the film cannot interpret the vast psychological problems of the main characters due to the socio-cultural context of late-capitalism. The fine differences of the two brothers – very finely drawn by Houellebecq – are reduced to some visual and interpretative clichés of the movie.

Zoltán Kovács

■ ***The Conscious Learning – Condition for a Meaningful Existence***

Keywords: *critical thinking, metacognition, self-regulated learning*

This year's disastrous graduation exam results in Romania clearly indicate the crisis of the education system. Less than half of the students managed to pass the exams and we may identify several factors to explain the situation. Instead of proposing a detailed analysis, this study offers a few suggestions at the level of teachers and students that may solve the problem. Besides coherent and continuous learning, effective study requires critical thinking, metacognitive and self-regulated learning. Students shall be taught to think rather than what to think. It is quite obvious that many aspects of the Romanian education policy shall be reconsidered, particularly from the point of view of the students' motivation to learn and the attitude of teachers towards metacognitive thinking.

Liiceanu Aurora

■ ***Catalina's Metamorphosis***

Keywords: *case-study, culture of overstatement*

This essay presents a case study from the Romanian post-revolutional period pub-

lished in the author's volume *Through the Curtain* (2009). Catalina's case is exemplar for women's education in the Romanian culture – without a solid base of autonomous behaviour, women can easily found themselves in situations of moral, financial and existential defencelessness. Catalina's evolution is psychologically positive one: from a situation of total abuse she finds the necessary force to reconstruct her life and opts for a different side of her personality. The case-study is also a parabola of the hard transitional period in post-communist Romanian society.

Lipovetsky, Gilles

■ ***Narcissus or the Logic of Emptiness***

Keywords: *individualism, narcissism, late-consumer society*

This article is an excerpt from Gilles Lipovetsky's 1983 book *The Age of Emptiness*. Essays about contemporary individualism. After a short presentation of Christopher Lasch's work, *The Culture of Narcissism*, the author makes a concise survey of the passage of occidental man from *homo politicus* to *homo psychologicus*. The socio-psychological diagnosis argues that at the age of late-consumer society presentism and individualism are key features of occidental culture, but

their existence is due to a fundamental dependency. After the war of Vietnam, Watergate, and after the events of international terrorism, the future could be hardly viewed in an optimistic manner. Our personal problems are cast in a process of self-protection.

Csaba Pléh

■ ***Cognitive Consequences of the Network Culture. Getting clever or stupid because of the Internet?***

Keywords: *architecture of knowledge, human knowledge, info-communication technologies, hypertext-reading*

The main topic of this article is to analyse the cognitive consequences of internet-use for human knowledge. After a short presentation of the scholarly opinions on the human-machine relation, the author presents the main theses of a human knowledge architecture theory. From this background emerges the main question: what are the consequences of the network culture? The author proposes here to avoid both optimistic and pessimistic approaches. Bringing a few examples to differentiate types of hypertext-reading, this article concludes to the pedagogical and cultural importance of academic research in this scientific field.



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(Gilles Lipovetsky)

ISSN 1222 8338



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