

Contemplative Qualitative Inquiry: Practicing the Zen of Research

Valerie J Janesick

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Valerie J Janesick : Contemplative Qualitative Inquiry: Practicing the Zen of Research before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Contemplative Qualitative Inquiry: Practicing the Zen of Research*:

Qualitative researchers incorporate the principles of holism, storytelling, ethics, body and mind links, relational focus, and creativity as key features of their practice. So do practitioners of Zen Buddhism. Leading qualitative researcher

Valerie J. Janesick describes how qualitative inquiry can be informed and improved through an understanding of Zen principles. She calls for a contemplative qualitative inquiry that draws on the understandings of both East and West. In the book, she explains how key Zen principles of impermanence, non-self, and nirvana apply to qualitative research projects; advocates important Zen-based practices of meditation, journaling, and poetic thinking; presents Zen stories, meditation techniques, and writing exercises to improve research practice.

"This is an elegant and masterful application of basic ideas and practices from Zencompassion, self-observation, emptiness, impermanence, satorito all stages of a qualitative research project, even including a provocative 'eight-fold path' for research practice." John M. Johnson, Arizona State University