This week, at the World Economic Forum in Davos, amidst the buzz generated by the UK heading into a triple-dip recession, the IMF downgrading its forecast for global growth, and David Cameron’s speech on an EU referendum, there was also a lot of talk about the surprising number of sessions devoted to mindful leadership, meditation, wellness, and redefining success — topics that united, among others, PIMCO’s Bill Gross, professors Mark Williams and Sheena Iyengar, neuroscientist Amishi Jha, economist Joe Stiglitz, and Buddhist monk Matthieu Ricard. Tipping point? Perhaps, but definitely a signal that the powers that be are beginning to accept the connection between our ability to deal with the crises that surround us and the way we live our lives, and care for our body, mind, and spirit. This mindset has gone from being dismissed as New Age California flaky to being supported by growing scientific evidence and embraced by a growing number of corporate leaders. Looking inward is suddenly in.

Follow Arianna Huffington on Twitter: www.twitter.com/ariannahuff

More: Mindful Leadership  IMF downgrading  Meditation  World Economic Forum 2013

UK triple dip recession

Next Story:

**GOP Leaders Ignored Repeated Requests To Go Further In Condemning Russia’s Hacking**

This Blogger’s Books and Other Items from...