

# CONTENT

List of abbreviations	8
Foreword	9
The Birth of the Mindful Smart City Manifesto	15
Chapter 1 Rethinking Smart Cities with Mindfulness Engineering™	21
Chapter 2 Shifting the Techno-Centric View of Smartness	35
Chapter 3 Why Re-Think Smart Cities with Mindfulness Engineering?	41
Chapter 4 It's About Smartfulness®	57
Chapter 5 The Mindful Smart City	71
Chapter 6 The Right to Technology	87
Chapter 7 Preserving the Right to Becoming in the Age of GUD	95
What is Next?	103
References	105