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Wherever You Go, There You are: Mindfulness Meditation in Everyday Life

By Jon Kabat-Zinn

Audio Renaissance, Div of Holtzbrink Publishers, United States, 2005. CD-Audio. Book Condition: New. 10th anniversary ed. 134 x 40 mm. Language: English . Brand New. This 10th Anniversary edition of the inspiring and practical guide to meditation, includes a brand new afterword and an audio-exclusive interview with the author. A simple and straightforward introduction to Buddhist meditation practice from one of the country's leading authorities on stress-reduction techniques, Dr. Kabat-Zinn has taught this two-thousand-year-old Buddhist method of relaxation to thousands of patients. Through mindfulness, one makes every moment count. By capturing the present and living fully within each moment, one can reduce anxiety, achieve inner peace, and enrich the quality of life. With warmth and humor, WHEREVER YOU GO THERE YOU ARE blends stories, poems, and scientific observations with easily followed instructions. The result is a unique audio program that is part inspiration and part study guide to a revolutionary new way of being, seeing, and living.



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Reviews

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-- Prof. Dan Windler MD