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The Dharma of Modern Mindfulness: Discovering the Buddhist Teachings at the Heart of Mindfulness-Based Stress Reduction (Paperback)

By Beth Ann Mulligan

New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Deeply embedded in the practice of contemporary mindfulness-based stress reduction (MBSR) are concepts drawn from the ancient wisdom of meditative traditions. The Dharma of MBSR uncovers the essential Buddhist teachings at the heart of this powerful anti-stress program, enabling you to deepen your historical and spiritual understanding of MBSR and nourish your practice. Meditation and mindfulness are everywhere: in hospitals, clinics, and schools; in major medical, psychological, and scientific journals; on TV; and in popular publications; even on the cover of Time magazine. And thankfully so since Jon Kabat-Zinn developed MBSR, a treatment blending meditation and yoga, it has been proven effective in treating conditions like chronic pain, stress, anxiety, and depression for sufferers around the world. Lesser known, however, are the deep philosophical roots of MBSR known as the Buddhist dharma, translated as the teachings of the Buddha. Although they form the very foundation underlying MBSR and other mindfulness-based interventions, they often remain hidden within modern mindfulness practices. The Dharma of MBSR illuminates these cornerstones, communicating previously esoteric teachings with language that makes them easily accessible and applicable to your complex daily life. The...



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