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Jon Kabat-Zinn (* 5. Juni 1944 in New York) ist emeritierter Professor an der University of Massachusetts Medical School in Worcester. Er unterrichtet Achtsamkeitsmeditation, um Menschen zu helfen, besser mit Stress, Angst und Krankheiten umgehen zu können. Während seines Berufslebens hat er sich stark dafür engagiert, die Achtsamkeitspraxis in Medizin und Gesellschaft bekannt zu machen und

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Jon Kabat-Zinn (5 de junio de 1944, Nueva York) es un profesor emérito de Medicina. Sus prácticas de zen, yoga, y sus estudios con diversos maestros budistas lo condujeron a integrar partes de esas enseñanzas con las de la ciencia occidental, creando la técnica de Reducción del Estrés Basada en la Atención Plena (REBAP). [1] Ha escrito varios libros sobre el tema y es un activo

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