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Jon Kabat Zinn Wikipedia

Jon Kabat-Zinn (born Jon Kabat, June 5, 1944) is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Kabat-Zinn was a student of Zen Buddhist teachers such as Philip Kapleau, Thich Nhat Hanh and Seung Sahn and a founding member of

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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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