



## Mindfulness for Beginners

By Jon Kabat-Zinn

Sounds True. No binding. Book Condition: New. Unknown Binding. Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is professor of medicine emeritus at the University of Massachusetts Medical School and author of numerous books, including Full Catastrophe Living, Arriving at Your Own Door, and Coming to Our Senses. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Unknown Binding.



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