



Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

By Jon Kabat-Zinn

Bantam. Paperback. Book Condition: New. Paperback. 720 pages. Dimensions: 9.1in. x 6.1in. x 1.6in. The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinns renowned mindfulness-based stress reduction program, this classic, groundbreaking workwhich gave rise to a whole new field in medicine and psychologyshows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and...



Reviews

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-- Audrey Lowe I

It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

-- Dr. Luna Skiles

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