



Arriving at Your Own Door: 108 Lessons in Mindfulness

By Jon Kabat-Zinn

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Arriving at Your Own Door: 108 Lessons in Mindfulness, Jon Kabat-Zinn, In Coming to Our Senses, internationally renowned author Jon Kabat-Zinn wrote the definitive book for our time on the connection between mindfulness and our physical and spiritual wellbeing. Arriving at Your Own Door is the perfect gift for his many fans: a beautifully illustrated collection of 108 verses excerpted from that acclaimed work. These gems of knowledge provide simple, intuitive ways to achieve deeper understanding of our genius, our beauty and our life path in a complicated and rapidly changing world.



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