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Mindfulness For Beginners Audio Cd

Jon Kabat-Zinn is one of the best mindfulness teachers in the US. In looking over the reviews of Mindfulness for Beginners, I was surprised to see that more than a few readers thought this book was a kind of scam, something like a cut-and-paste of his earlier books. But the difference maker for this book is right there on the cover.

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Would you consider the audio edition of Mindfulness for Beginners to be better than the print version? Yes, for something like meditation, it's more 'real' when you can listen. Also with this book, which I have, you don't get the guided meditations except on c.d. What about Jon Kabat-Zinn's performance did you like?

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Jon Kabat-Zinn is a leader in the emerging field of mind/body medicine. This form of medicine is

focused on the clinical, social and human performance effects of mindfulness meditation training in various populations. LearnOutLoud.com has many audio titles to choose from, including not only Kabat-Zinn's classic books on audio, but also meditational practice programs as well.

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Sounds True - Mindfulness for Beginners

Guided Meditation for Deep Sleep, Create Your Destiny Hypnosis for Law of Attraction - Duration: 2:02:25. Jason Stephenson - Sleep Meditation Music 7,205,661 views

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