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Jon Kabat-Zinn is an author, a professor of Medicine Emeritus, founder of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts. He is also the creator of the mindfulness movement and the mindfulness-based stress reduction program (MBSR). "Full Catastrophe Living Summary"

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The author, Jon Kabat-Zinn is a professor, and teacher who founded The Stress Reduction Clinic. In Full Catastrophe Living, Kabat-Zinn draws from decades of experience - combining personal stories along with a plethora of scientific evidence to teach us about the techniques and benefits of harnessing intelligent awareness.

Full Catastrophe Living By Jon

Full Catastrophe Living (1990) doesn't sugar-coat it: this is a book that acknowledges life can sometimes feel like one catastrophe after another. But while we might not be able to prevent life's catastrophes, the way we respond to them is entirely within our control.

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 anyone trying to live a healthier and saner life in our fast-paced world.
 Praise for <i>Full Catastrophe Living</i> ...

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Full Catastrophe Living by Jon Kabat-Zinn

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