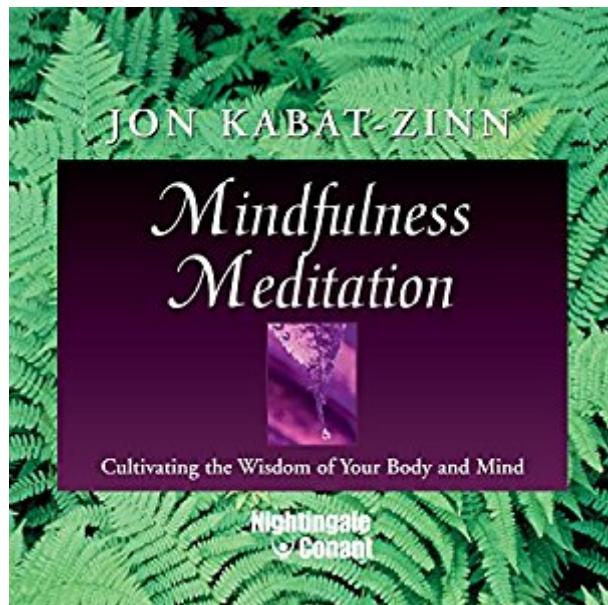


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# Mindfulness Meditation: Cultivating The Wisdom Of Your Body And Mind



## **Synopsis**

Mindfulness Meditation is about learning to experience life fully as it unfolds - moment by moment. One popular misconception about meditation is that it is a way to make your mind blank so you can escape from what you are feeling. However, author Dr. Jon Kabat-Zinn wants you to understand that meditation is an invitation to wake up, experience the fullness of your life, and transform your relationship with your problems, your fears, and any pain and stress in your life so that they don't wind up controlling you and eroding the quality of your life and your creativity. It is not about running away, or manipulating mental states. Through the practice of mindfulness, you can learn to develop greater calmness, clarity and insight in facing and embracing all your life experiences, even life's trials, and turning them into occasions for learning, growing and deepening your own strength and wisdom. In this program, internationally-known meditation teacher Dr. Jon Kabat-Zinn shows you how to: Access your own deep inner resources for learning, growing, and healing Enrich your experience of everyday living by being fully present in the moment Reduce stress by responding creatively rather than reacting mindlessly Bring greater clarity and understanding to everything you do Function more effectively within your apparent limitations and problems by cultivating your fundamental strengths Reestablish contact with your physical body to heighten and expand experiences of pleasure and vitality Reduce or overcome addictive or self-destructive behavior patterns Develop a strong daily meditation practice

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

If you are not familiar with "mindfulness meditation", this is the perfect starting point. The basics are

covered in this set of 2 tapes, narrated by the author. I found it very helpful in dealing with anxiety I was having, as well as helping me rethink my automatic responses to life. I highly recommend this tape or anything else by Kabat-Zinn for anyone interested in exploring a mindful path.

This unabridged version contains 7 tapes; 6 are the unabridged version of the book covering:\*\* What is Mindfulness?\*\* An Experience of Being Alive\*\* The Miracle of Breathing\*\* Preparing the Soul\*\* Cultivating Non-Doing\*\* Being in Your Body\*\* Everyday Meditation\*\* Movement Meditation\*\* Responding to Stress\*\* The Mind-Body Connection\*\* Wholeness and Oneness The last tape is a bonus tape with two guided meditationss. The only problem is that the book is narrated by the author (almost always a mistake) and a woman with one of those overly-regulated "soothing" voices. If you can get past the reading, the contents are a good introduction to a somewhat westernized view of meditation.

Nothing new or enlightening here.

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