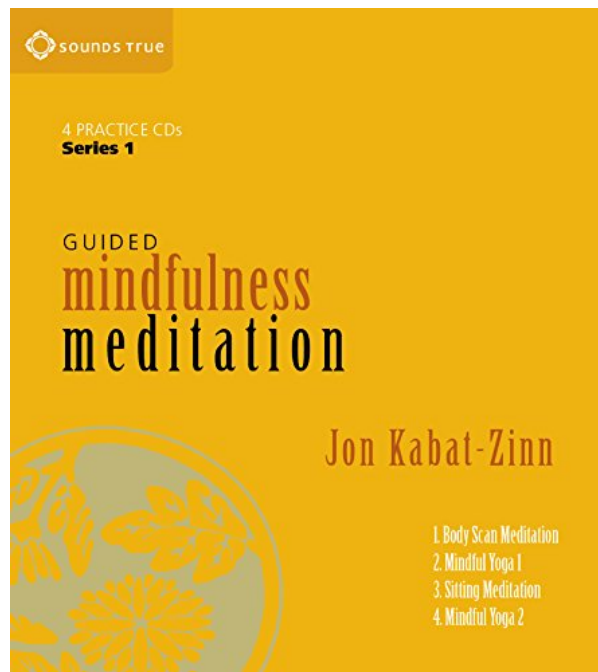


Download Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Online Book PDF by Jon Kabat-Zinn PhD



Synopsis:

Perhaps no other person has done more to bring mindfulness meditation into the contemporary landscape of America than Jon Kabat-Zinn. Through a number of research studies, and through Kabat-Zinn's pioneering work at the University of Massachusetts Medical School where he is founder of its world-renowned Stress Reduction Clinic, mindfulness is finally being recognized as a highly effective tool for dealing with stress, chronic pain, and other illnesses.

Now with this four-part home training course, Jon Kabat-Zinn offers listeners the definitive mindfulness meditation practice on CD. We are not trying to actively achieve a state of deep relaxation—or any other state for that matter—while practicing mindfulness, he teaches. But interestingly, by opening to an awareness of how things actually are in the present moment, we often taste very

deep states of relaxation and well-being of both body and mind.

Join the bestselling author of *Coming to Our Senses* (Hyperion, 2005) and *Wherever You Go, There You Are* (Hyperion 1995) to develop and deepen your personal mindfulness practice, and to taste the universal aspects of stillness, clarity, wisdom, compassion, and well-being that *Guided Mindfulness Meditation* offers.

Course objectives:

- Utilize body and mind meditations in daily practice
- Practice mindful yoga with clear, safe and simple instructions
- Describe the basic state of being which is present awareness
- Compare the results of unmoving, sitting meditation to a movement meditation such as mindful yoga

