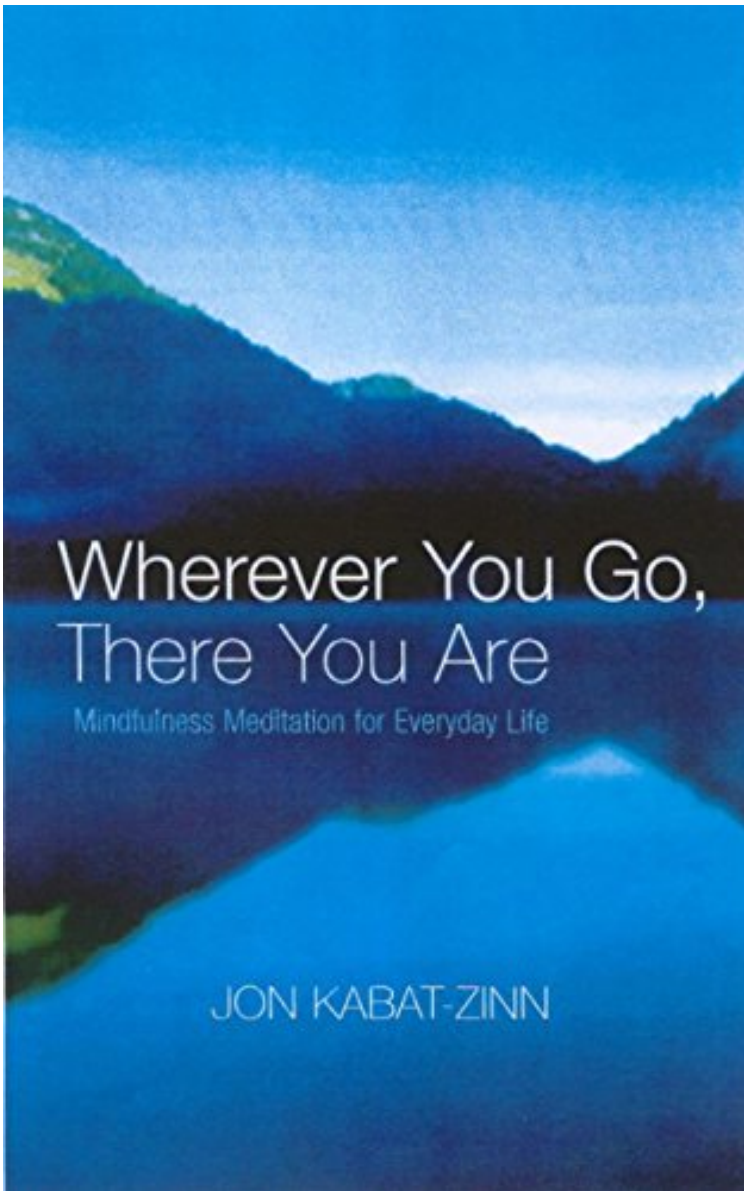


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Wherever You Go, There You Are: Mindfulness meditation for everyday life (English Edition)



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Description :

Prsentation de l'diteurMindfulness is considered the heart of Buddhist meditation. But its essence is universal and of deep practical benefit to everyone. In Wherever You Go, There You Are, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and

possibilities of each present moment. Since its first publication in 1994 (as *Mindfulness Meditation for Beginners*), this book has changed lived across the globe. This tenth anniversary edition of the original classic text, featuring a new afterword by the author, brings this wonderful book with an even larger audience. Presentation de l'diteur Mindfulness is considered the heart of Buddhist meditation. But its essence is universal and of deep practical benefit to everyone. In *Wherever You Go, There You Are*, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and possibilities of each present moment. Since its first publication in 1994 (as *Mindfulness Meditation for Beginners*), this book has changed lived across the globe. This tenth anniversary edition of the original classic text, featuring a new afterword by the author, brings this wonderful book with an even larger audience. Biographie de l'auteur Jon Kabat-Zinn is the founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center. He also travels across the country teaching workshops on stress reduction and mindfulness. He lives with his family in Lexington, MA.