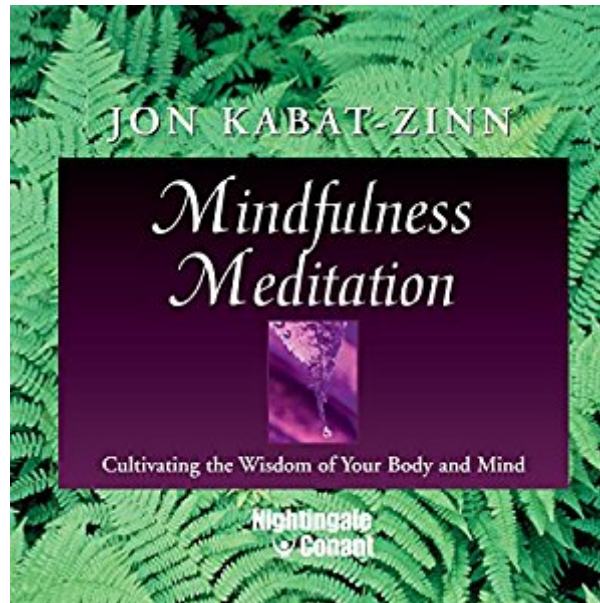


The book was found

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

Listening Length: 6 hours and 38 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Nightingale Conant

Audible.com Release Date: October 14, 2014

Language: English

ASIN: B00OH7DF8G

Best Sellers Rank: #39 in Books > Audible Audiobooks > Health, Mind & Body > Health #205 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #392 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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 meditations. 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.

[Download to continue reading...](#)

Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life Cultivating Edible Fungi: International Symposium on Scientific and Technical Aspects of Cultivating Edible Fungi (Developments in Crop Science) Running with the Mind of Meditation: Lessons for Training Body and Mind The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom The Mind-Body Code: How the Mind Wounds and Heals the Body When Awareness Becomes Natural: A Guide to Cultivating Mindfulness in Everyday Life The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Healing Meditation (Nourish Mind Body and Spirit) Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness Cultivating Inner Peace: Exploring the Psychology, Wisdom and Poetry of

Gandhi, Thoreau, the Buddha, and Others Creators on Creating: Awakening and Cultivating the Imaginative Mind (New Consciousness Reader) Training the Mind and Cultivating Loving-Kindness

[Dmca](#)