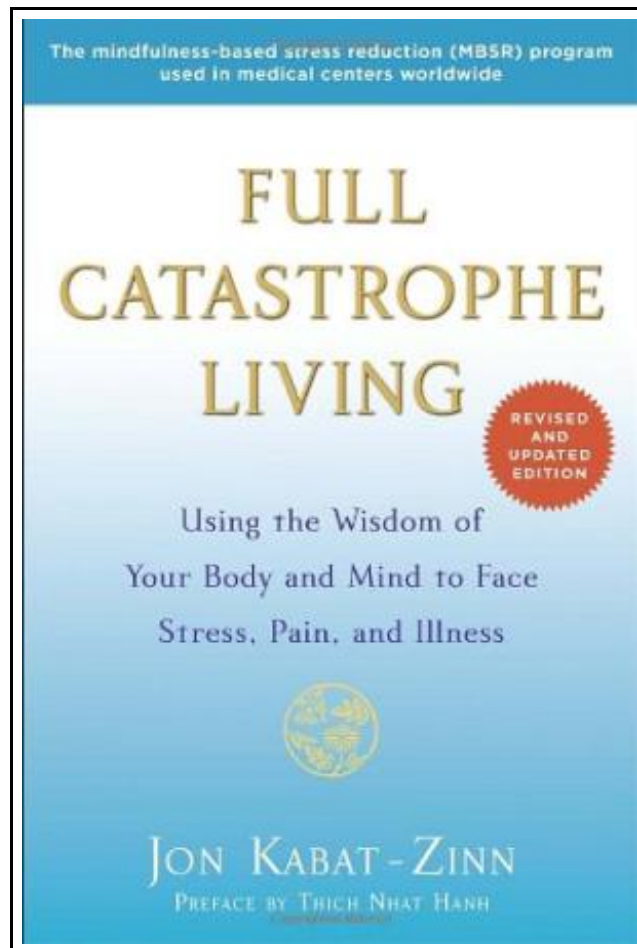


## Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness



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### ***Reviews***




*Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Jayda Lehner Jr.)*

## FULL CATASTROPHE LIVING: USING THE WISDOM OF YOUR BODY AND MIND TO FACE STRESS, PAIN, AND ILLNESS



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Bantam. Paperback. Book Condition: New. Paperback. 720 pages. Dimensions: 9.1in. x 6.1in. x 1.6in. The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work which gave rise to a whole new field in medicine and psychology shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. 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 Full Catastrophe Living To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing. Donald M. Berwick, M. D. , president emeritus and senior fellow, Institute for Healthcare Improvement One of the great classics of mindbody medicine. Rachel Naomi Remen, M. D. , author of Kitchen Table Wisdom A book for everyone . . . Jon Kabat-Zinn has done more than any other person...

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