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A revised and updated edition of the bestselling Full Catastrophe Living--This text refers to the paperback edition. About the Author Jon Kabat-Zinn , PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

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Description Full Catastrophe Living is a manual for developing your own personal meditation practice and learning how to use mindfulness to promote improved health and healing in your own life.

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Full Catastrophe Living (Revised Edition) by Jon Kabat ...

Full Catastrophe Living was first published in 1990 and went through numerous reprintings, before eventually being reissued in a revised second edition in 2013.

Full Catastrophe Living - Wikipedia

Full Catastrophe Living is a 650-page practical guide on how to cultivate a mindfulness-based approach to life. It is very well written. I have long wanted to learn about mindfulness as an adjunct to other forms of psychotherapy. I read it slowly and took notes over the past six months during my sabbatical from work.

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