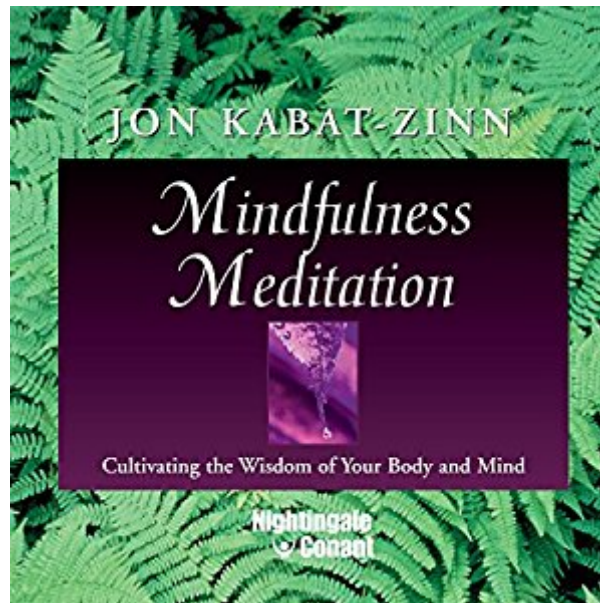




Ebook Directory
the best source of ebook

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 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: #61 in Books > Audible Audiobooks > Health, Mind & Body > Health #303 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #644 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Nothing new or enlightening here.

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 OnenessThe last tape is a bonus tape with two guided meditationss.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.

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.

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

Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Meditation Techniques:

Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight Running with the Mind of Meditation: Lessons for Training Body and Mind Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)