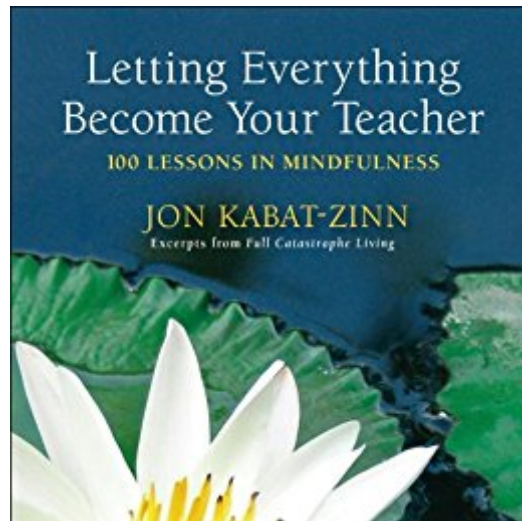




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Letting Everything Become Your Teacher: 100 Lessons In Mindfulness



Synopsis

Yes, there actually is a way to let everything become your teacher, to let life itself, and everything that unfolds within it, the â œfull catastropheâ • of the human condition in the words of Zorba the Greek, shape your ongoing development and maturation. Millions have followed this path to greater sanity, balance, and well-being, often in the face of huge stress, pain, uncertainty, sorrow, and illness. In his landmark book, Full Catastrophe Living, Jon Kabat-Zinn shared this innovative approach, known as mindfulness-based stress reduction (MBSR), with the world. Now, in this companion volume, 100 pointers from that groundbreaking work have been carefully selected to inspire you to embrace what is deepest and best and most beautiful in yourself. Whether you are trying to learn patience, cope with pain, deal with the enormous stress and challenges of the age we live in, improve your relationships, or free yourself from destructive emotions, thoughts, and behaviors, these deceptively simple meditations will remind you that you have deep inner resources to draw upon, the most important of which is the present moment itself. Regardless of your age or whether you are familiar with the healing power of mindfulness, this insightful, inspirational guide will help you to honor, embrace, learn from, and grow into each moment of your life. From the Trade Paperback edition.

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Customer Reviews

Very inspiring and to the point I always like self help books that teach me how to live more graciously

I was disappointed with this item as I thought there would be more to it. It is just a small book with mini quotes on each page. I guess I should have paid closer attention to the details of the book or previewed it before I purchased. I had to wait awhile for the book which was annoying and then equally annoying when I started reading the book.

This book helped me to clear up some confusion I have had about meditation, and the "sacredness" of every individual. Clearly a wonderful book to read and to reference!

A condensed, helpful way I use as a daily reminder to stay in the moment. Very helpful advice in assisting our daily journey while letting our thoughts be recognized without taking us off the track of mindfulness living.

Excellent concise statements from his MBSR program. Recommend it.

I started reading my new book yesterday and it has been very helpful to me. I'm really looking forward to finishing it. Thank you for a great book.

This book helped me a lot. I read one or two chapters each morning, and sometimes went back and read them again. I am learning to quieten my mind and feel at one with the universe.

I thought this book would be similar in structure to 'wherever you go there you are' and it wasn't what I expected. It was half a page (couple sentace ideas). Not what I expected so low rating. If you want more mindfullness with more description get this authors 'wherever you go there you are'

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