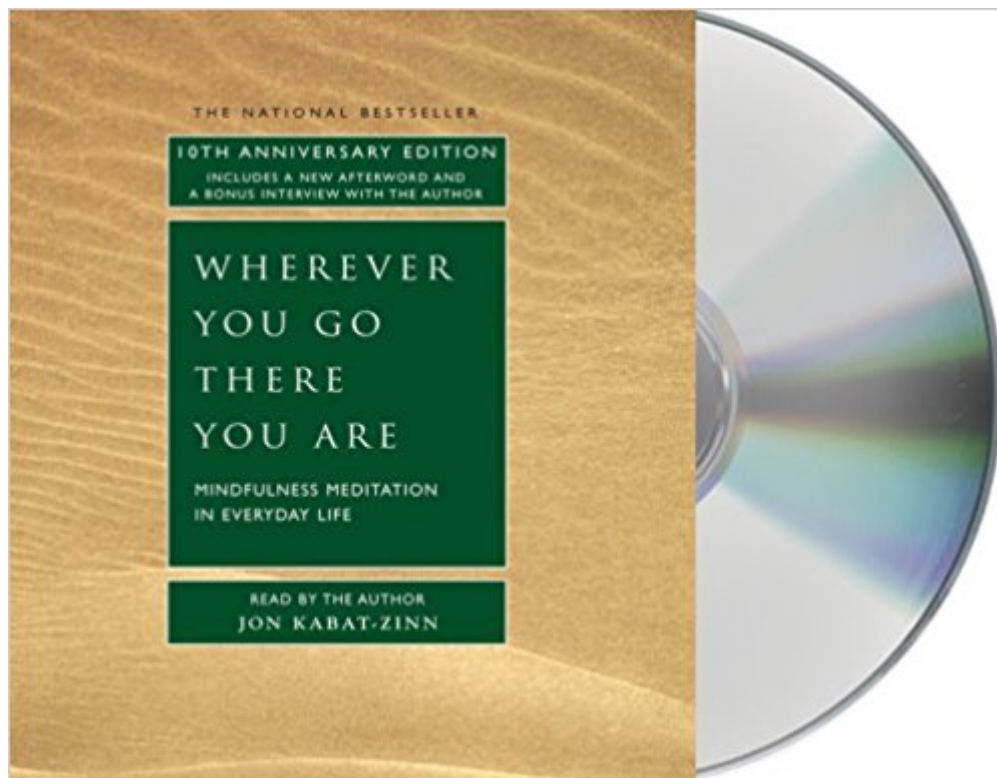




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Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life



Synopsis

This 10th Anniversary edition of the inspiring and practical guide to meditation, includes a brand new afterword and an audio-exclusive interview with the author. A simple and straightforward introduction to Buddhist meditation practice from one of the country's leading authorities on stress-reduction techniques, Dr. Kabat-Zinn has taught this two-thousand-year-old Buddhist method of relaxation to thousands of patients. Through mindfulness, one makes every moment count. By "capturing" the present and living fully within each moment, one can reduce anxiety, achieve inner peace, and enrich the quality of life. With warmth and humor, *WHEREVER YOU GO THERE YOU ARE* blends stories, poems, and scientific observations with easily followed instructions. The result is a unique audio program that is part inspiration and part study guide to a revolutionary new way of being, seeing, and living.

Book Information

Audio CD: 3 pages

Publisher: Macmillan Audio; Abridged edition (January 1, 2005)

Language: English

ISBN-10: 1593976216

ISBN-13: 978-1593976217

Product Dimensions: 5.1 x 0.5 x 0.2 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 742 customer reviews

Best Sellers Rank: #359,011 in Books (See Top 100 in Books) #63 in [Books > Textbooks > Humanities > Religious Studies > Buddhism](#) #86 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #314 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

In his follow-up to *Full Catastrophe Living*--a book in which he presented basic meditation techniques as a way of reducing stress and healing from illness--here Jon Kabat-Zinn goes much more deeply into the practice of meditation for its own sake. To Kabat-Zinn, meditation is important because it brings about a state of "mindfulness," a condition of "being" rather than "doing" during which you pay attention to the moment rather than the past, the future, or the multitudinous distractions of modern life. In brief, rather poetic chapters, he describes different meditative practices and what they can do for the practitioner. The idea that meditation is "spiritual" is often

confusing to people, Kabat-Zinn writes; he prefers to think of it as what you might call a workout for your consciousness. This book makes learning meditation remarkably easy (although practicing it is not). But it also makes it seem infinitely appealing. --Ben Kallen --This text refers to an out of print or unavailable edition of this title.

Kabat-Zinn (Full Catastrophe Living), founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, here urges readers to practice "mindfulness," a more than 2000-year-old Buddhist method of living fully in the present, observing ourselves, our feeling, others and our surroundings without judging them. Free of trendiness, the book presents meditation as a natural activity that can be practiced anytime and anywhere, without props or trappings. Kabat-Zinn explains how to live in the moment by taking up such techniques as "non-doing," trust and concentration. He shows readers meditation postures and ways to meditate, including visualizing mountains and lakes, and concentrating on walking or standing. Amusing anecdotes illustrate applications of mindfulness in everyday life, including "Cleaning the Stove While Listening to Bobby McFerrin," "Cat Food Lessons" and two chapters on parenting as a form of meditation (children as "live-in Zen masters"). This warm, witty and wise guide should bring relaxation to stressed-out people. Author tour. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Jon Kabat-Zinn's book *Wherever You Go, There You Are* is about mindfulness. According to the author, "Mindfulness means paying attention [to the world] in a particular way: on purpose, in the present moment, and nonjudgmentally." That sentence seems a little obscure, and whenever I've attempted to explain mindfulness or meditation to friends, it's as though I can never make myself clear and they still walk away thinking it's all hokum. In spite of my inability to make it totally clear by definition, maybe I could illustrate it using some examples that Kabat-Zinn would probably approve of. Take any given moment your in. I take it that you're sitting down somewhere right now reading this review. Focus on your breath. Notice how unaware of your own breathing you were before. Now, while reading this, expand the focus from your breath to the sensation of your body, your bottom against your seat perhaps, or the way the tip of your nose might feel cold or hot. Further expand the field of awareness to the sounds around you. Maybe you hear noise from other people. Maybe you hear nothing except the sound of your own breathing. Project this mode of being aware into another setting. Perhaps you're at work, and someone is telling you how to do something. You might feel seeds of resentment growing inside you, asking the question in your mind how it is this

person has the gall to tell you how to do something. You might feel personally attacked, a little nervous, your breath unsteady. Be aware of these sensations. Don't fight against them. But also listen to what the person says, as much as possible, without judgment. Is what this person is saying really a personal attack? Probably not. And if it is, does it really matter? Does he or she have control of your mind such that he could actually make you feel one way or another? Not if you choose to respond to it in a peaceful, proactive way and just take it for what it is, without judgment. Maybe the above two paragraphs don't do it for you. Or maybe they do. The important thing is that mindfulness is about being aware and awake, and about choosing to make peace with the way you feel and the way you interact with the world. If you want to, you can always feel swept around by the winds of desire, or pulled around by anger or intense emotion as though there were a brass ring in your nose. Those are always options. But it's also another option to choose to practice inner tranquility. This is what this book is about.

Changed my life, AGAIN!

Such a great book for anyone looking to improve their lives. Having no experience on the topic before reading this book, I can honestly say that my life has changed because of it. Becoming mindful of everyday things and slowly improving my value of life with every chapter. This work makes the reader think and put this subject to everyday life—such a great read. Didn't want the book to end. Highly recommend to anyone looking to improve on their mindfulness of everyday life or just for a good read!

Having developed an appreciation for meditation and other forms of mindfulness, I was seeking a guide that would not only define mindfulness, but also help me develop techniques to practice. This book is great! It begins by defining what mindfulness and meditation are and, perhaps more importantly, dispels rumors as to what mindfulness and meditation are not. I think this is valid in western society where we are usually planning ahead rather than enjoying where we are at the moment. It then goes on to give solid examples of techniques to help one practice "getting into it". Mostly, it makes mindfulness and meditation achievable for the average person rather than some weird transcendental process practiced by eastern sages. And I think that is the entire point of Kabat-Zinn's writings: even I can learn to more fully enjoy my life by taking some time for myself—and learning to value that time rather than feel guilty about it.

Love it, this was my second book about meditation and I wish I had read this one first. It's an excellent tool to begin this amazing journey, however, its perfectly design so that everyone into Vipassana or meditation in general can pull it up and get helpful tips to be exactly where you are.

I've owned this book before but lost the copy due to lending. Jon Kabat-Zinn masterly introduces the reader to mindfulness, concepts, and meditations. His suggestive approach is highly practical and offers many applications of mindfulness in daily life. The chapters are short and allows for daily reading without being cumbersome. This book started me off on a spiritual journey almost 2 years ago. Now a practicing buddhist (not that this book is about buddhism per se). I would recommend it to anyone interested in the subject of mindfulness or meditation. A must have book in any collection.

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