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Autore	Zinn Jon Kabat
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Altri autori (Persone)	ZinnJon Kabat
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Note generali	Unabridged.
Sommario/riassunto	In this audio and streaming video program, Dr. Kabat-Zinn takes the listener to his Massachusetts Stress Reduction Clinic for demonstrations of sitting, prone, and standing meditation, as well as testimonials from stressed-out patients who found some peace through his program. He also discusses Henry David Thoreau's Walden Pond, and quotes James Joyce. He discusses a study the clinic conducted augmenting ultraviolet light therapy with meditation for psoriasis patients.