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Autore	Kabat-Zinn Jon
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Sommario/riassunto	These programs constitute the core practice curriculum of mindfulness-based stress reduction (MBSR) in the Stress Reduction Clinic. They are meant to be used in conjunction with Dr. Kabat-Zinn's book, Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness . You will find extensive descriptions of these practices in this book, as well as pictures of the mindful hatha yoga sequences. Thousands of people have used these programs either alone or in conjunction with the book to develop and sustain a meditation practice based on mindfulness, and to benefit from its stress reducing, healing, and transformational potential when practiced regularly. A Better Listen audio production.