

1.	Record Nr.	UNISANNIOBVE0019635
	Autore	Braun, Johann
	Titolo	Freiheit, Gleichheit, Eigentum : Grundfragen des Rechts im Lichte der Philosophie J. G. Fichtes / von Johann Braun
	Pubbl/distr/stampa	Tübingen, : J. C. B. Mohr, ©1991
	Descrizione fisica	VIII, 196 p. ; 19 cm.
	Disciplina	193
	Soggetti	Diritto - Teoria generale
	Collocazione	D (AR) 13 375
	Lingua di pubblicazione	Tedesco
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910155723303321
	Autore	Kabat-Zinn Jon
	Titolo	Guided mindfulness meditation, series 3 / / Jon Kabat-Zinn
	Pubbl/distr/stampa	Solon, : Better Listen, 2013
	ISBN	1-61544-527-7
	Edizione	[Unabridged.]
	Descrizione fisica	1 online resource (4 audio files) : digital
	Collana	Guided Mindfulness Meditation, ; 03.
	Classificazione	SEL019000SEL024000
	Altri autori (Persone)	Kabat-ZinnJon
	Soggetti	Nonfiction Self-Improvement
	Lingua di pubblicazione	Inglese
	Formato	Audiolibro
	Livello bibliografico	Monografia
	Note generali	Unabridged.
	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.
