

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness

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Come to your senses with the definitive guide to living a meaningful life from a world expert in the connection between mindfulness and physical and spiritual wellbeing.

"[The] journey toward health and sanity is nothing less than an invitation to wake up to the fullness of our lives as if they actually mattered . . ." --Jon Kabat-Zinn, from the Introduction

Jon Kabat-Zinn changed the way we thought about awareness in everyday life with his now-classic introduction to mindfulness, *Wherever You Go, There You Are. Now*, with *Coming to Our Senses*, he provides the definitive book for our time on the connection between mindfulness and our physical and spiritual wellbeing. With scientific rigor, poetic deftness, and compelling personal stories, Jon Kabat-Zinn examines the mysteries and marvels of our minds and bodies, describing simple, intuitive ways in which we can come to a deeper understanding, through our senses, of our beauty, our genius, and our life path in a complicated, fear-driven, and rapidly changing world.

In each of the book's eight parts, Jon Kabat-Zinn explores another facet of the great adventure of healing ourselves -- and our world -- through mindful awareness, with a focus on the "sensescapes" of our lives and how a more intentional awareness of the senses, including the human mind itself, allows us to live more fully and more authentically. By "coming to our senses" -- both literally and metaphorically by opening to our innate connectedness with the world around us and within us -- we can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives in ways both little and big.

Jon Kabat-Zinn

is the founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center. He also travels across the country teaching workshops on stress reduction and mindfulness. He lives with his family in Lexington, MA. A medical school teacher and expert on mindfulness and stress reduction, Kabat-Zinn reads a touching and coherent abridgment of his superb book. He is eloquent as he bridges the gap between Eastern approaches to mindfulness and the vocabulary of Western psychology. He says the immediacy of our sensations is more important than our thoughts about them, and more important than the past and future. The contexts offered for this advice reveal the author's cultural breadth and generous sensitivity to the bad habits of the Western mind. Without sentimentality or zealotry, the author's gentle voice offers a practical path that will reach around the intellectual obstacles we often put in the way of such guidance. T.W. [?] AudioFile 2005, Portland, Maine-- Copyright [?] AudioFile, Portland, Maine

Other Books

Mindfulness Meditation for Pain Relief, Pain may be unavoidable at times, but suffering—in other words, how we relate to the pain—is optional. We know that practicing mindfulness can help reduce stress and cultivate deep, embodied well-being—but what about its value in dealing with physical pain and the suffering that ensues when it seems overwhelming or unrelenting? Jon Kabat-Zinn developed Mindfulness-Based Stress Reduction (MBSR) to help medical patients with ongoing chronic pain conditions who were not responding to

conventional treatments, including drugs or surgery, to use mindfulness as a formal meditation practice and as a way of being in relationship to experience throughout the day to regulate and attenuate the experience of suffering. Since then, the practices of MBSR have become world-renowned for their effectiveness in helping people learn to live and live well with ongoing health challenges, including chronic pain conditions. With *Mindfulness Meditation for Pain Relief*, Jon guides us through the fundamentals, a series of evidence-based practices that anyone can apply gently and effectively to address even intense forms of pain and suffering, as a complement to whatever medical treatments one might be receiving. Includes audio guidance for all key practices, accessible online and led by the author. This supportive guide, graced with soothing images and large color-type key elements, includes instruction in mindful breathing, working with intense sensations, befriending thoughts and emotions, taking refuge in awareness, and bringing mindfulness into everyday life as a new way of being.

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