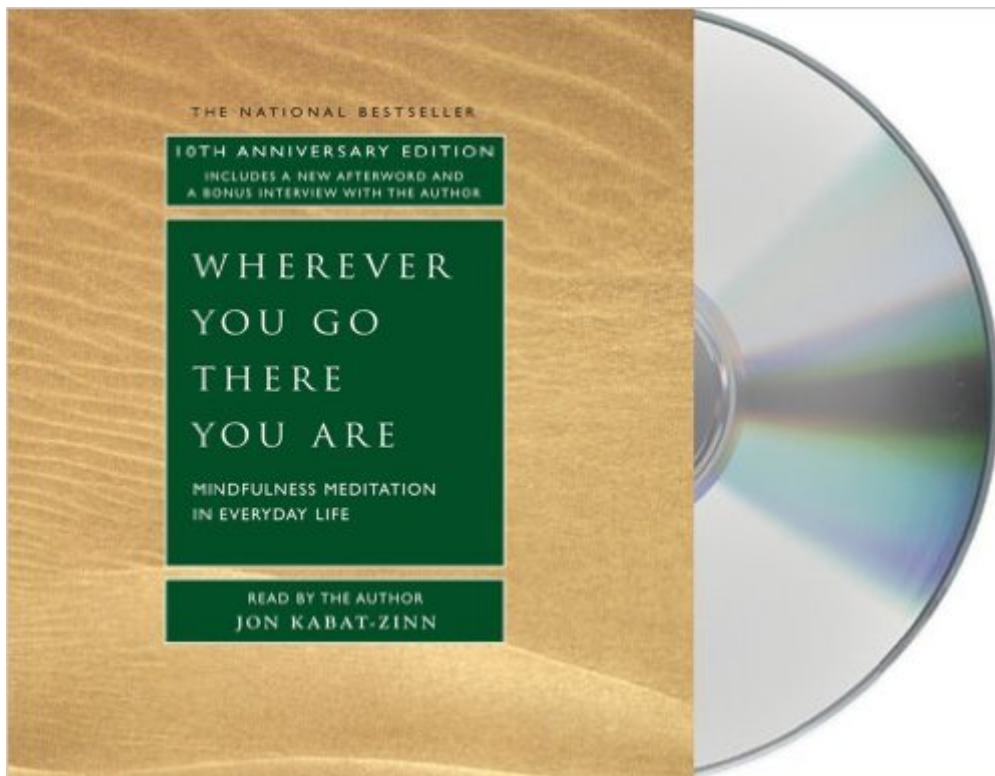


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# Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life



## 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

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## Customer Reviews

A family member bought this book. I found it sitting on a shelf, glanced at the cover and involuntarily thought to myself "uh oh, granola time," and came within a heartbeat of dismissing the book out of hand. Luckily, I did not. Instead, I read the introduction, and then found myself -- almost in a state of disbelief -- reading on and on. I was amazed to find that the book is not just one more new age book muttering away about a world none of us really lives in. To the contrary, the book is written by someone with a profound understanding of everyday reality, who is astonishingly good at sharing that understanding. This is simply a beautiful little book, beautifully written. I would be curious to know if others are reacting to this book the way I am: I feel compelled to rave about it. I read the

book for the first time weeks ago, yet tonight in the grocery store I found myself slowing down, marvelling at the sight of my daughter gaily picking out tomatoes, and consciously basking in the moment. And I'm a middle-aged Republican, not particularly predisposed to spiritual impulses! The author of this book has something timeless and important to impart, and he does so with unusual intelligence and grace. I really like this book -- indeed, I hope I'm forgiven for suspecting that it is a work of genius. I also hope that the author happens to read this review, because he should know how much his work is appreciated!

a way to slow the pace of your busy world, Jon Kabat-Zinn can express the "out of body" concepts of meditation in a way that no one else can. You get to choose: "Wherever you go...." is a book that can be explored over and over, that can start you on a path to a new habit to find within yourself what you need to survive today's busy world; that can help you find a new habit to renew the life you lead. Or, utilize its message just as a brief "chapter read" to jump start the positive if you are not looking for a lifelong habit. It is very difficult to express, in words, the inner activities that result in becoming comfortable in your own skin. Kabat-Zinn writes thoughtfully and honestly about how he has accomplished this, and what things might work for you. There are many treasures in this book. For me, his ability to describe the rewards one gets from practiced patience, and to impress upon the reader the simplicity of the "body scan" and how it can lead to the habit of lying down meditation are two examples of things that readers can take away at any given time from his book. Many self-help readers today are looking for the "quick fix" or some small coping practice they can employ to keep their days positive. In some ways, in addition to helping you understand why meditation works and why it can change your life, Kabat-Zinn writes a poetic and illuminating version of the "one minute help" chapters that the "Don't Sweat the Small Stuff" series provided to these readers in the busy working world. When you couple his vision and ideas with the lovely verse that liberally sprinkles his book (Kabir, Thoreau and Whitman are favorites) you have a quiet and inspirational message that can do more to help you understand and eliminate your stress than can all the meditation, control and organizational techniques advocated in today's America could ever do. Read "Wherever you go, there you are" and learn how mindfulness can change the course of your daily life for the better. It works.

My best friend tends to take life slowly and accept it on its own terms...and that facet of his personality has always driven me crazy! :-)) The words "slow" and "languid" could never be applied to my lifestyle. I have always hurried through life at such a frantic pace...regretting yesterday and

dreaming of tomorrow, yet never truly living in the moment. A year ago I happened upon this book, and it has made an enormous impact on my life. This literary jewel took me to a place I'd never visited before: the realm of 'moment mindfulness.' As the author so eloquently writes, 'The lack of mindfulness "...scavenges to fill time, conspires with my mind to keep me unconscious, lulled in a fog of numbness to a certain extent. It has me unavailable to others, missing the play of the light on the table, the smells in the room, the energies of the moment. Stillness, insight, and wisdom arise only when we can settle into being complete in this moment, without having to seek or hold on to or reject anything." Learning how to immerse myself in this moment, and this moment alone, has been incredibly difficult. Yet the serenity, peace and soul satisfaction experienced therein are priceless. The "Non-Judging" chapter alone is worth the price of the book. Realizing my propensity to constantly evaluate my experiences and hold them up against expectations and standards that I create, often out of fear, has been tremendously liberating. I largely thank this book, and my best friend, for that lesson learned. :-)

I enthusiastically recommend this book to everyone. I find it especially useful to my clients who struggle with childhood abuse issues. Therapy clients who suffer from bi-polar, COPD or Borderline Personality disorders could also be helped significantly from learning the meditation techniques in this book. We exist as we are, on this plane, in this realm, at this moment in the timeless here and now. And that is enough....more than enough.

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