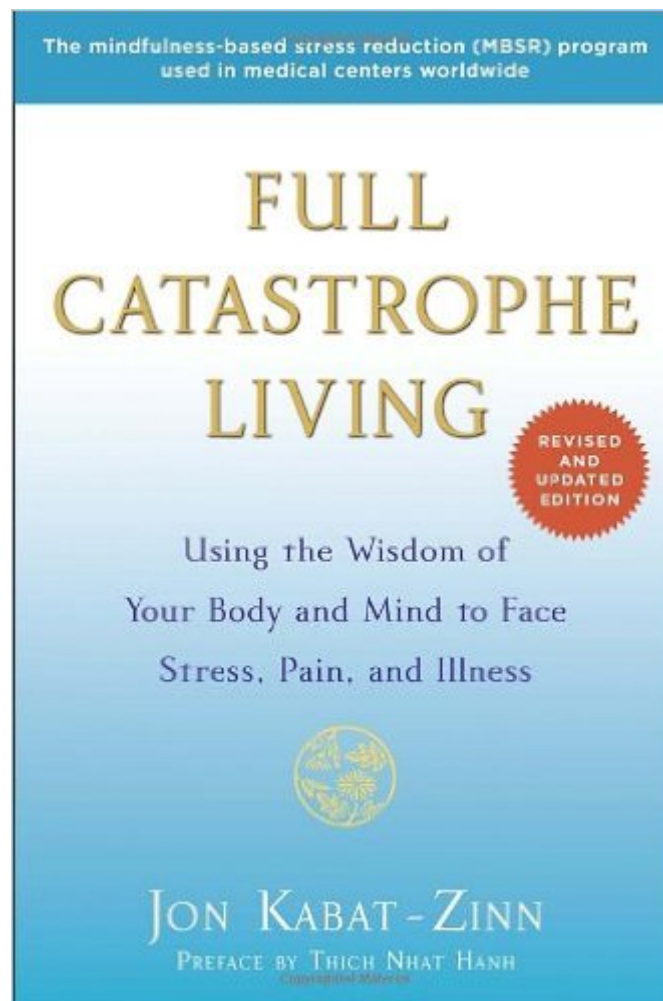


The book was found

Full Catastrophe Living (Revised Edition): Using The Wisdom Of Your Body And Mind To Face Stress, Pain, And Illness



Synopsis

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work "which gave rise to a whole new field in medicine and psychology" shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world.

• Praise for Full Catastrophe Living •

• To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing. •

• Donald M. Berwick, M.D., president emeritus and senior fellow, Institute for Healthcare Improvement •

• One of the great classics of mind/body medicine. •

• Rachel Naomi Remen, M.D., author of Kitchen Table Wisdom •

• A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions. •

• Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin-Madison •

• This is the ultimate owner's manual for our lives. What a gift! •

• Amy Gross, former editor in chief, O: The Oprah Magazine •

• I first read Full Catastrophe Living in my early twenties and it changed my life. •

• Chade-Meng Tan, Jolly Good Fellow of Google and author of Search Inside Yourself •

• Jon Kabat-Zinn's classic work on the practice of mindfulness to alleviate stress and human suffering stands the test of time, a most useful resource and practical guide. I recommend this new edition enthusiastically to doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life's challenges, whether great or small. •

• Andrew Weil, M.D., author of Spontaneous Happiness and 8 Weeks to Optimum Health •

• How wonderful to have a new and updated version of this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition,

building on the first, is sure to become a treasured sourcebook and traveling companion for new generations who seek the wisdom to live full and fulfilling lives.ââ Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

Book Information

Paperback: 720 pages

Publisher: Bantam; Rev Upd edition (September 24, 2013)

Language: English

ISBN-10: 0345536932

ISBN-13: 978-0345536938

Product Dimensions: 6.1 x 1.5 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂÂ See all reviewsÂ (605 customer reviews)

Best Sellers Rank: #929 in Books (See Top 100 in Books) #3 inÂ Books > Self-Help > Stress Management #24 inÂ Books > Health, Fitness & Dieting > Alternative Medicine #75 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

I have both this book and Kabat-Zinn's other, "Wherever You Go, There You Are." That one is more of a general intro to mindfulness (i.e, concentrating on your breathing as a way to clear your mind and reach a deeper level) meditation. It's written in a more aphoristic style: short and sweet, lots of quotes from Thoreau and various gurus, "try this" exercises at the end of each short chapter. A book you mull over, read in bits, inbetween the recommended practice. This one is more wordy, a description of what goes on at the Massachusetts General Hospital Pain Reduction Clinic, where Kabat-Zinn uses a combination of (physical) yoga, mindfulness meditation, and something called the "full body scan" (lying down and concentrating on different parts of the body at a time) to help people with serious, stress-related illnesses such as heart disease, back pain, migraines and cancer. There are instructions on how to do the above; statistical information on how well this program works; descriptions of the types of illnesses they deal with; lots of case studies of typical patients; and some general conclusions that the very insightful Kabat-Zinn has drawn from his work. I hate pop psychology but that's not what's delivered here - these are very real insights, not facile at all, on the damaging stresses of modern life and concrete advice on how to cope with them in such a way as to not get sick. He says, for instance, that "your pain is not you" - that you can and should separate yourself from the pain, and from the negative feedback voice ("I'm never going to get

better," for example) that makes things worse.

To the days of my life before I found this book, or as I sometimes like to look at it, before this book found me. I was a high strung mess of anxiety, even afraid to go to work and face the "challenges" of a day of social interaction and internal struggle and emotions. I wasn't completely sure what I was, but I was pretty sure I was suffering from what doctors would call social or maybe generalized anxiety. And with that came depression and sometimes hopelessness of ever changing and moving on. This went on for years--for as far back as I can remember--and it only seemed like it was getting worse, and I was never able to accept myself, I thought myself a failure of some sort. What had I or my parents done wrong in raising me? Why me? When I found this book, I had been through several programs for anxiety that I had found and downloaded online--none of them helping much--and when I read the introduction, something about it clicked with me. It somehow subconsciously made sense and I knew that I had found something that might actually change the way I WAS, and unknowingly but much more importantly, change the way I viewed myself. Over the next 8 months, I almost religiously followed the exercises in the book. I learned more about myself and the world around me in those eight months than I have in the past ten years, at least it feels that way. To cut a long story short, I still have anxiety, but on a scale of 1-10 it is now a 2 where it was an 7 or an 8 before. Simply put, practicing mindfulness pulls the rug from under anything that bothers you in any way. It teaches you that it's ok to feel any emotion and think any thought because that is what is already here.

[Download to continue reading...](#)

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)

Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete Guidel to Symptons, Illness and Surgery) Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) RV: RV Living For Beginners: Simple Tools, Tips & Hacks To Make Debt Free, Full Time Motorhome Living As Stress Free And Enjoyable As Possible (Tiny house, ... Live In Car, Van) (RV Boondocking Book 2)

[Dmca](#)