

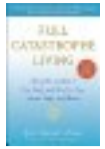
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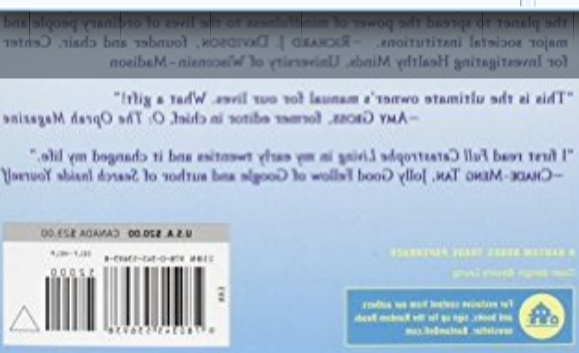
Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness



JON KABAT-ZINN

PREFACE BY THICH NHAT HANH

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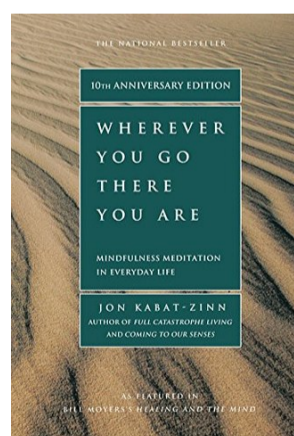

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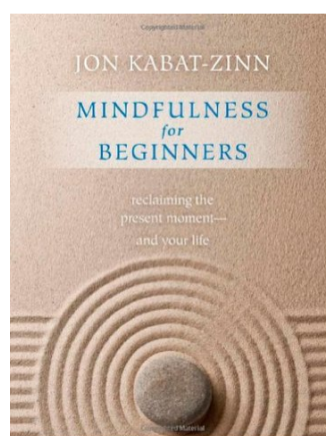
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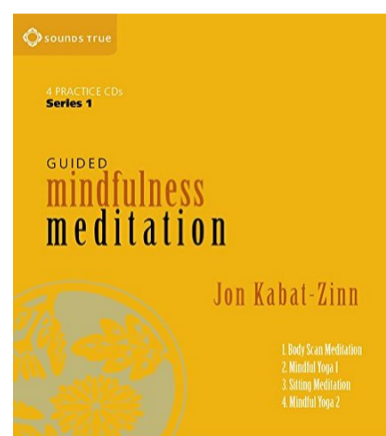
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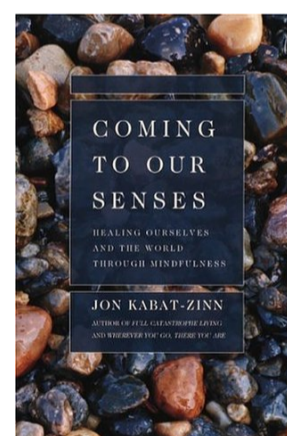
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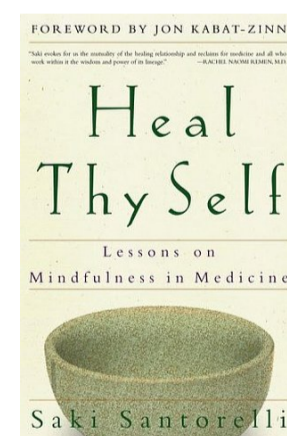
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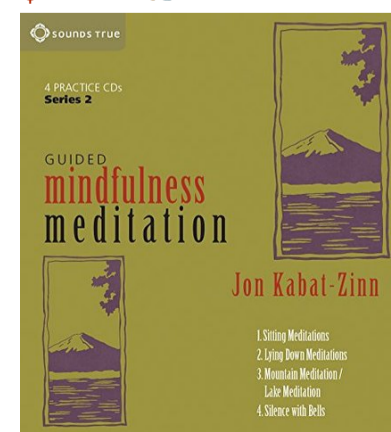
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Editorial Reviews


Amazon.com Review

Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, is perhaps the best-known proponent of using meditation to help patients deal with illness. (The somewhat confusing title is from a line in *Zorba the Greek* in which the title character refers to the ups and downs of family life as "the full catastrophe.") But this book is also a terrific introduction for anyone who has considered meditating but was afraid it would be too difficult or would include religious practices they found foreign. Kabat-Zinn focuses on "mindfulness," a concept that involves living in the moment, paying attention, and simply "being" rather than "doing." While you can practice anything "mindfully," from taking a walk to cleaning your house, Kabat-Zinn presents several meditation techniques that focus the attention most clearly, whether it's on a simple phrase, your breathing, or various parts of your body. The book goes into detail about how hospital patients have either improved their health or simply come to feel better *despite* their illness by using these techniques, but these meditations can help anyone deal with stress and gain a calmer outlook on life. "When we use the word *healing* to describe the experiences of people in the stress clinic, what we mean above all is that they are undergoing a profound transformation of view," Kabat-Zinn writes. "Out of this shift in perspective comes an ability to act with greater balance and inner security in the world." --*Ben Kallen* --*This text refers to an out of print or unavailable edition of this title.*

From Publishers Weekly

Kabat-Zinn is founder and director of the stress reduction program at the University of Massachusetts Medical Center, and the "full catastrophe" of which he writes is the spectrum of stress in life. His program, in a word, is meditation, rescued from the mire of mysticism that made it trendy in the 1960s. The author focuses on the advantages of employing "practiced mindfulness" to control and calm our responses without blunting our feelings--and a more convincing introduction to the many modes and uses of meditation could hardly be imagined. In personable, enlightening prose, Kabat-Zinn first explains how to develop a meditation schedule, and in later chapters pragmatically applies his plan to the main sources of stress. An impressive middle section clearly marshals scientific and anecdotal evidence relating state of mind to state of health. And while emphasizing meditation's healing potential, Kabat-Zinn makes no sweeping claims, suggesting that the discipline serve not as means but end. Illustrations not seen by PW. BOMC and QPB selection.

Product Details

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- Publisher:** Bantam; Rev Upd edition (September 24, 2013)
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 **Highly recommend!**

One of the best books I've ever read! It's perfect for where I

By C. Sahu on July 18, 2000

Format: Paperback | **Verified Purchase**

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. [Read more ›](#)

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★★★★★ **This book made a difference.**

By A Customer on March 19, 2002

Format: Paperback

I read this book and did not like it. I found it described a life I did not want to know about so I put the book aside having skipped a number of the chapters. Six months later when my wife was admitted to the ER with severe headaches I remembered the central message in this book.

The message is clear and simple, the "bad" times in life are as valid an experience as the "good" be there, be aware, accept, don't wish for better times, don't run away from catastrophe. I was aware and present for the next three weeks, the most important three weeks of my life. I felt so lucky that I had read this book. It could be a lot shorter and more focused but the central message is invaluable.

[3 Comments](#) | 335 people found this helpful. Was this review helpful to you? [Report abuse](#)

★★★★★ **Great introduction to the practice of mindfulness meditation!**

By Sarah E. Everett on November 19, 2013

Format: Kindle Edition | **Verified Purchase**

I remember when Bill Moyers first interviewed Jon Kabat-Zinn and I have been interested in mindfulness meditation off and on ever since. Five months ago I lost my husband. I also have Alpha-1 antitrypsin deficiency or "inherited emphysema" and I am on oxygen 24/7. This past summer the stress from both became unbearable. So I bought the book. It is an extremely easy read and the author lulls you into the practice, little by little, from page one. I am now a convert and I plan to take a live course the beginning of next year. I highly recommend this book.

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★★★★★ **Sometimes I think back...**

By Yi on April 17, 2014

Format: Paperback | **Verified Purchase**

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. [Read more ›](#)

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★★★★★ **A Powerful Guide to Mind-Body Wisdom**

By A Customer on September 9, 2001

Format: Paperback

This is one of the three most powerful books I have read in my ten year effort to rid myself of depression and chronic back pain. The other two were "The Power of Your Subconscious Mind" by Dr. Joseph Murphy and "Healing Back Pain" by Dr. Sarno. As a testament to all of these books, I am now almost completely free of both of these tiresome life-robbers: mental and physical pain. I have never been able to sit down and meditate, but this book taught me to reach a meditative state using the walking meditation, and recently I have started using the body scan while running - it is a superb way to combine exercise and meditation. I received a lot of inspiration from the case studies used in

am in my life these days & it has helped me tremendously!

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Published 7 days ago by M

★★★★☆ **Four Stars**

great, if a person has the willpower to follow through

Published 11 days ago by shanny

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Fantastic book. Clear and easy to use. Can save your life emotionally.

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Love this book - great delivery service!

Published 21 days ago by Kathy

★★★★★ **Five Stars**

Good clear headed explanation.

Published 21 days ago by Bruce Hudson

★★★☆☆ **Not as advertised**

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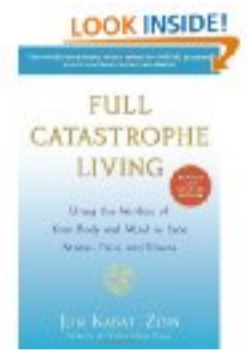
this book, also. The style in which it is written is intelligent, warm, compassionate and friendly. I recommend the book highly. If you are tired of being sick, and are ready to make a commitment to help yourself, this book is essential. I can not stress enough the importance that NUTRITION and EXERCISE have played in my own recovery, but mindfulness and relaxation are crucial as well. I use mindfulness every day now that I have learned the techniques presented in this book. I think anyone who is looking for a better way to live needs to read this book.

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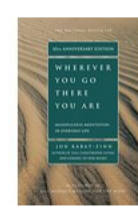


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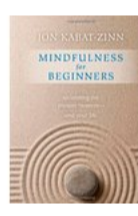
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