



Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

By Jon Kabat-Zinn

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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.”—Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

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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.”—**Diana Chapman Walsh, Ph.D., president emerita of Wellesley College**

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- Sales Rank: #14720 in eBooks
- Published on: 2013-09-24
- Released on: 2013-09-24
- Format: Kindle eBook



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Editorial Review

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

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. Copyright 1990 Reed Business Information, Inc.

Review

"A practical guide not only to mindfulness meditation and healing, but daily life." —Joseph Goldstein, Insight Meditation Society, author of *One Dharma* and coauthor of *Seeking the Heart of Wisdom*

"Dr. Jon Kabat-Zinn eloquently explains the power of paying attention and increasing awareness. I strongly recommend this book for everyone who wants to begin healing their life."—Dean Ornish, M.D., author of *Stress, Diet, and Your Heart* and *Dr. Dean Ornish's Program for the Reversal of Heart Disease*

"Happy 15th birthday to one of the great classics of mind/body medicine! More than any other, **Full Catastrophe Living** is the book that enabled Americans to discover the inner life. This book has brought peace of mind to hundreds and thousands of people and healed countless lives. This is your chance to let it heal yours." —Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom* and *My Grandfather's Blessings*

“A wonderful guidebook for those of us who choose life and healing. I hope you all make the choice and read the book.” —Bernie Siegel, M.D., author of *Love, Medicine, and Miracles* and *Peace, Love, and Healing*

From the Trade Paperback edition.

Users Review

From reader reviews:

Joe Vizcarra:

Book is actually written, printed, or outlined for everything. You can learn everything you want by a e-book. Book has a different type. As we know that book is important factor to bring us around the world. Next to that you can your reading proficiency was fluently. A book Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness will make you to become smarter. You can feel a lot more confidence if you can know about everything. But some of you think in which open or reading the book make you bored. It is not make you fun. Why they might be thought like that? Have you seeking best book or ideal book with you?

Jeff Puckett:

In this 21st hundred years, people become competitive in each and every way. By being competitive currently, people have do something to make these survives, being in the middle of the particular crowded place and notice by simply surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yep, by reading a reserve your ability to survive increase then having chance to stand than other is high. For you who want to start reading a book, we give you this kind of Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness book as basic and daily reading book. Why, because this book is greater than just a book.

Robert Wolfe:

As people who live in typically the modest era should be up-date about what going on or details even knowledge to make these individuals keep up with the era that is certainly always change and make progress. Some of you maybe will certainly update themselves by reading books. It is a good choice to suit your needs but the problems coming to you is you don't know what kind you should start with. This Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness is our recommendation to make you keep up with the world. Why, since this book serves what you want and wish in this era.

Lamar Carr:

That publication can make you to feel relax. That book Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness was colorful and of course has pictures on

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