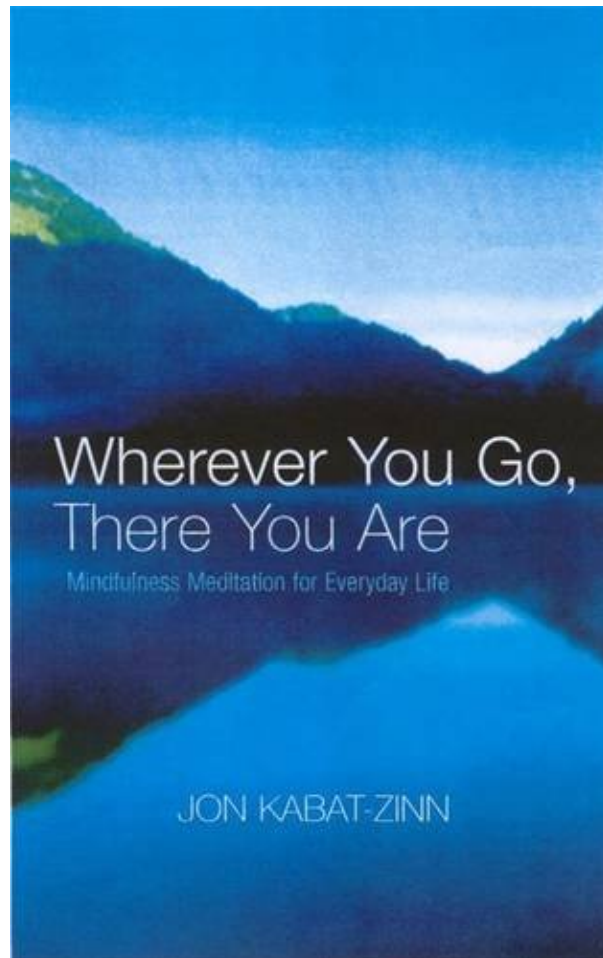
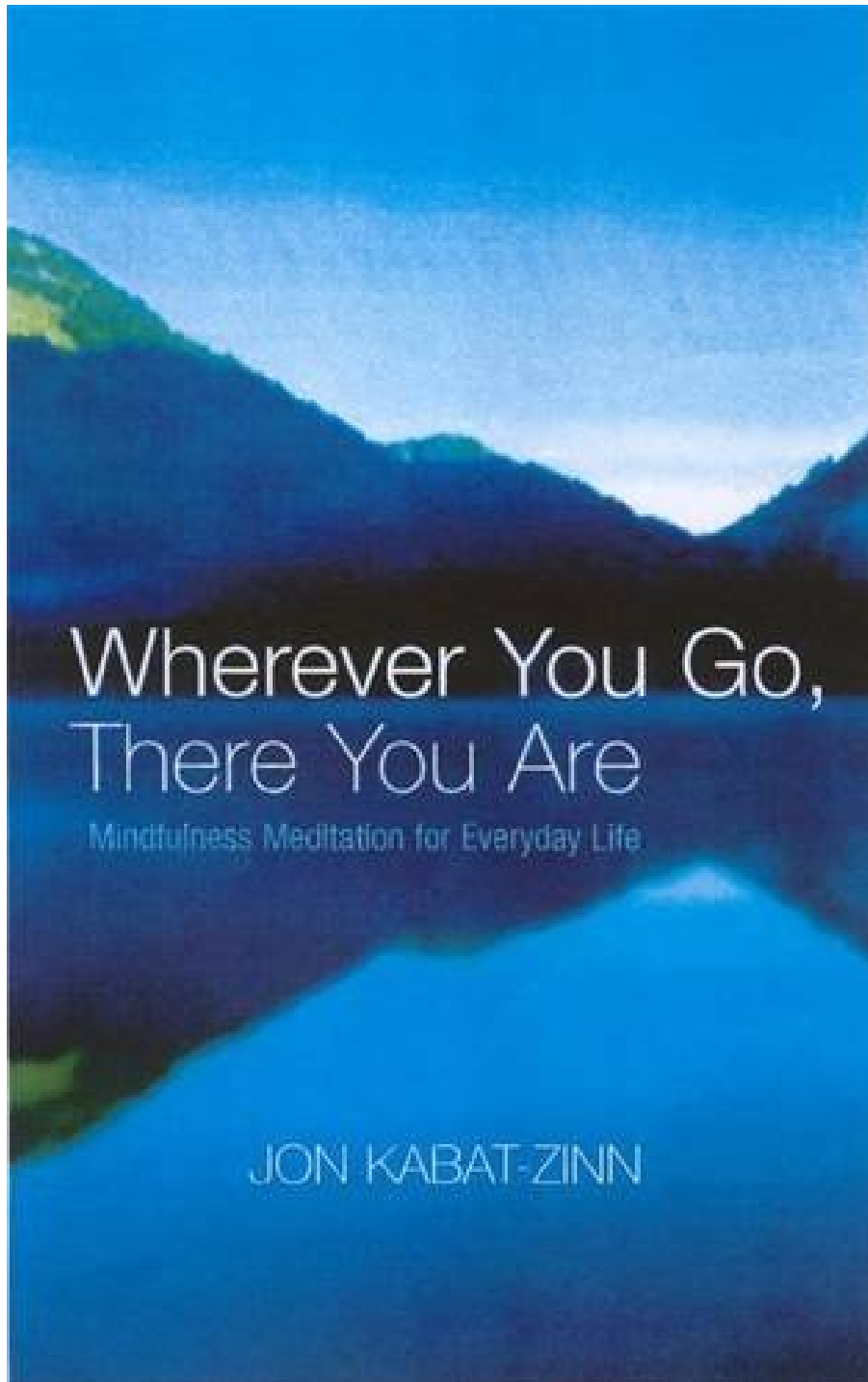


WHEREVER YOU GO, THERE YOU ARE BY JON KABAT-ZINN



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Amazon.com Review

In his follow-up to Full Catastrophe Living--a book in which he presented basic meditation techniques as a way of reducing stress and healing from illness--here Jon Kabat-Zinn goes much more deeply into the practice of meditation for its own sake. To Kabat-Zinn, meditation is important because it brings about a state of "mindfulness," a condition of "being" rather than "doing" during which you pay attention to the moment rather than the past, the future, or the multitudinous distractions of modern life. In brief, rather poetic chapters, he describes different meditative practices and what they can do for the practitioner. The idea that meditation is "spiritual" is often confusing to people, Kabat-Zinn writes; he prefers to think of it as what you might call a workout for your consciousness. This book makes learning meditation remarkably easy (although practicing it is not). But it also makes it seem infinitely appealing. --Ben Kallen

From Publishers Weekly

Kabat-Zinn's book outlines the Buddhist technique of "mindfulness": a method of living fully in the moment without judgment.

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From Library Journal

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WHEREVER YOU GO, THERE YOU ARE BY JON KABAT-ZINN PDF

Mindfulness is considered the heart of Buddhist meditation. But its essence is universal and of deep practical benefit to everyone. In *Wherever You Go, There You Are*, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives, and awakening us to the unique beauty and possibilities of each present moment. Since its first publication in 1994 (as *Mindfulness Meditation for Beginners*), this book has changed lives across the globe. This tenth anniversary edition of the original classic text, featuring a new afterword by the author, brings this wonderful book with an even larger audience.

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Most helpful customer reviews

26 of 26 people found the following review helpful.

Jon Kabat-Zinn's book *Wherever You Go, There You Are* ...

By Billie Pritchett

Jon Kabat-Zinn's book *Wherever You Go, There You Are* is about mindfulness. According to the author, "Mindfulness means paying attention [to the world] in a particular way: on purpose, in the present moment, and nonjudgmentally." That sentence seems a little obscure, and whenever I've attempted to explain mindfulness or meditation to friends, it's as though I can never make myself clear and they still walk away thinking it's all hokum. In spite of my inability to make it totally clear by definition, maybe I could illustrate it using some examples that Kabat-Zinn would probably approve of.

Take any given moment your in. I take it that you're sitting down somewhere right now reading this review. Focus on your breath. Notice how unaware of your own breathing you were before. Now, while reading this, expand the focus from your breath to the sensation of your body, your bottom against your seat perhaps, or the way the tip of your nose might feel cold or hot. Further expand the field of awareness to the sounds around you. Maybe you hear noise from other people. Maybe you hear nothing except the sound of your own breathing.

Project this mode of being aware into another setting. Perhaps you're at work, and someone is telling you how to do something. You might feel seeds of resentment growing inside you, asking the question in your mind how it is this person has the gall to tell you how do so something. You might feel personally attacked, a little nervous, your breath unsteady. Be aware of these sensations. Don't fight against them. But also listen to what the person says, as much as possible, without judgment. Is what this person is saying really a personal attack? Probably not. And if it is, does it really matter? Does he or she have control of your mind such that he could actually make you feel one way or another? Not if you choose to respond to it in a peaceful, proactive way and just take it for what it is, without judgment.

Maybe the above two paragraphs don't do it for you. Or maybe they do. The important thing is that mindfulness is about being aware and awake, and about choosing to make peace with the way you feel and the way you interact with the world. If you want to, you can always feel swept around by the winds of desire, or pulled around by anger or intense emotion as though there were a brass ring in your nose. Those are always options. But it's also another option to choose to practice inner tranquility. This is what this book is about.

5 of 5 people found the following review helpful.

Read This Book Now--When Else Will You Read It If Not Now

By Thorne Hamstring

Mindfulness is one of the latest American fads. Boo, Hiss!!! These techniques have been known to lots of us before it became a mainstream cure-all for what ails people. Do the things recommended in the book and judge the effectiveness/relevancy of 'mindfulness' for yourself.

If it works, continue to use it. If it doesn't, toss it out. The problem won't be the book. The ineffectiveness will be all your own creation. See, that's how it works. Sometimes it's great news, at others you won't like the truth of it. So anyway, who am I to tell you what's true or not? No one! Don't take my word for it, try it and if you find it has value, use it. If you find it useless, move on to something that may be more for you. See, whatever answer you need is inside you already. This book may surface it, and it may not. Just keep looking until something clicks. That said, life is a journey... some signposts are correct for some and others are right

for others. Trick is not to give up. Keep looking.

You are where you are because you're not somewhere else. Things are as they are since that is how they are presently. What is your purpose in life? It is whatever you're doing now? Get it? No? Start with this well-written introduction to something that may change the direction and focus in life. No kidding... Oh, I was not paid for this review, nor was I given a free copy, or an exit pass on the wheel of Karma.

13 of 14 people found the following review helpful.

You can't escape your mind, and after reading this book you won't want to try.

By ljlmd84

At some point in your life, you may begin to wonder, "Will things always be this way?" - so rushed, with barely a moment to call your own, and current events that swirl around you often reflecting the worst side of humanity. So lost in to-do lists that you barely know where they stop and you start. Or have you thought, "Will I always be this way?" - maybe anxious or irritated, perhaps distracted, or beginning to feel isolated from those around you - even from your loved ones? This book explains that living each moment fully (and what that phrase means) can bring you back to yourself, and to a peaceful yet connected stillness that ultimately enriches your life. It describes the discipline and detached self observation (i.e., meditation) required to achieve it. I found this book to best read in small sections, and I plan to re-read many times. In retrospect, I would buy next in paper form (not Kindle). It is filled with insightful and (if you let it) life-changing information.

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