



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

*Jon Kabat-Zinn*

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

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A simple and straightforward introduction to Buddhist meditation practice from one of the country's leading authorities on stress-reduction techniques, *Wherever You Go, There You Are* has as its goal a personal transformation of the listener.

Dr. Kabat-Zinn has taught this two-thousand-year-old Buddhist method of relaxation to thousands of patients in his Stress Reduction Program at the University of Massachusetts Medical Center. Through mindfulness, one makes every moment count. By "capturing" the present and living fully within each moment as it happens, 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, anecdotes, poems, images, 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.

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