


# 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*

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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.
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Review
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***The Oprah Magazine***

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"In this brilliant and comprehensive book, Jon Kabat-Zinn shares the depth of his meditation experience and the breadth of its application in the world. Through concise and extremely pragmatic meditation exercises, the wealth of science explaining the benefits, and the many compelling personal stories, *Full Catastrophe Living* offers the way to a balanced and mindful life."**—Joseph Goldstein, author of *Mindfulness: A Practical Guide to Awakening* and *One Dharma: The Emerging Western Buddhism***

"This book challenges each American to slow down and pay attention to the power of their own mind and the impact it has on our physical and emotional health. By actively participating in your own health and wellness you will, by extension, increase the health and wellness of our country. As Jon Kabat-Zinn teaches us how to heal our body and boost our immune system, we can actively contribute to the healing of our body politic and strengthen our nation's ability to attack the many challenges of our time. Join us in this quiet revolution! It has the potential to transform our country from the inside out, one courageous American at a time."**—Congressman Tim Ryan, 13th district, Ohio, author of *A Mindful Nation***

## Users Review

**From reader reviews:**

**Peter Tesch:**

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness can be fine book to read. May be it could be best activity to you.

**Helen Mota:**

Reading can called mind hangout, why? Because when you find yourself reading a book specifically book entitled Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness the mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation that will maybe you never get prior to. The Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness giving you one more experience more than blown away your brain but also giving you useful details for your better life within this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary spending spare time activity?

**George Eichner:**

The book untitled Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness contain a lot of information on the item. The writer explains your girlfriend idea with easy approach. The language is very simple to implement all the people, so do not really worry, you can easy to read it. The book was authored by famous author. The author will take you in the new era of literary works. You can read this book because you can keep reading your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice go through.

**David McKenney:**

A lot of reserve has printed but it is different. You can get it by web on social media. You can choose the very best book for you, science, witty, novel, or whatever through searching from it. It is known as of book Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. You can include your knowledge by it. Without leaving the printed book, it could possibly add your knowledge and make an individual happier to read. It is most significant that, you must aware about reserve. It can bring you from one destination for a other place.

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