

Full Catastrophe Living

By Jon Kabat-Zinn

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A true breakthrough in the area of behavioural medicine and self control If you are looking for the best available book on this topic, this is it! Alan Marlatt, PhD Professor of Psychology, Director of the Addictive Behaviours Research Centre, University of Washington. In the fifteen years since its initial publication, Full Catastrophe Living has sold over 400,000 copies worldwide. It has established itself both as an excellent beginner's guide to meditation and as the bible for a mind/body movement that has transformed Western medicine. This practical, step-by-step meditation guide is based on a revolutionary eight-week programme called mindfulness-based stress reduction (MBSR), which stress-relief and meditation expert Jon Kabat-Zinn created at the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical Center, Boston. This fifteenth anniversary edition includes a new introduction along with an expanded bibliography and resources section.

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Editorial Review

Review
I cannot recommend this highly enough as an accessible, effective antidote to anxiety, panic and other stress-related disorders -- Dr Cecilia D'felice The Times

About the Author
Jon Kabat-Zinn is the founder and former director of the Stress Reduction Clinic at the University of Massachusettes Medical Centre. He lives in the Boston area.

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