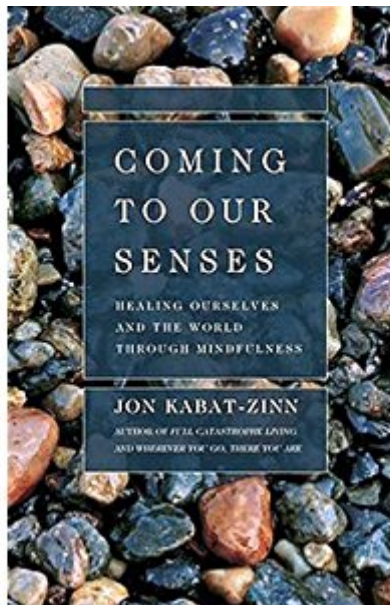




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# **Coming To Our Senses: Healing Ourselves And The World Through Mindfulness**



## Synopsis

From the bestselling author and renowned mindfulness teacher, scientist, and educator. . .a guide to living a meaningful life. This follow-up to the widely praised national bestseller *Wherever You Go, There You Are* is yet another revolutionary offering from Jon Kabat-Zinn, showing readers how the power of mindfulness can bring radical change to their lives. In the national bestseller *Wherever You Go, There You Are*, Jon Kabat-Zinn struck a chord in contemporary society that continues to reverberate to this day. It has been embraced by politicians, business leaders, and celebrities and endures as a classic with readers. In his groundbreaking new book, Dr. Kabat-Zinn teaches us how to harness the power of mindfulness to effect profound change in our personal lives and in the world. As stress continues to exact a toll on everyday life, people are increasingly turning to ancient, meditative methods, which have been tested by science, to relieve the ill effects and become more focused, healthy, and proactive. Kabat-Zinn has been for decades at the forefront of this mind/body movement and the revolution in medicine and health care it has spawned, demystifying it and bringing it into the mainstream. In *Coming to Our Senses*, he shares how every human has the capacity to mobilize deep, innate resources for continual learning, growing, healing, and transformation through mindfulness. Woven into eight parts, *Coming to Our Senses* uses anecdotes and stories from Kabat-Zinn's own life experiences and work in his clinic to illustrate healing possibilities. At its core, the book offers remarkable insight into how to use the five senses -- touch, hearing, sight, taste, and smell, plus awareness itself -- as a path to a healthier, saner, and more meaningful life. This is the definitive book for our time on the connection between mindfulness, health, and our physical and spiritual well-being. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 3 hours 11 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Hyperion AudioBooks

Audible.com Release Date: January 24, 2005

Language: English

ASIN: B0007OB54O

Best Sellers Rank: #145 in Books > Medical Books > Medicine > Internal Medicine > Oncology

## Customer Reviews

As a follow-up to Full Catastrophe Living, this book in conjunction with the CD set #3, has done much to support my ongoing inquiry into meditative practice. Since starting this book several people in my life have asked me about meditation and how they can get started, including my own 28 year old son. I attribute this interest to my incorporating the practices JKZ has suggested and sharing how I am more present to all of life because of it.

I recommend this book to anyone interested in broadening their awareness of their awareness, or in just becoming aware, period. The importance of "coming to our senses" in this way cannot be overstated. It is literally a life saver. Many have benefited from Dr. Jon Kabat-Zinn's pioneering work in bringing notions of mindfulness, of meditation, into mainstream medicine. His works, some collaborations, on mindfulness based stress reduction, the mindful way through depression, and his many lectures (most available on Youtube), are classics. In Coming to Our Senses, Dr. Kabatt-Zinn expands his focus to include a sense of the history of the practice of mindfulness, its roots in eastern traditions, and its potential for important changes not just in ourselves, but in a global, political, and environmental, sense -- as a consequence of the development of our sense of awareness. The book is dense. Not a criticism. But, it may be more accessible, and you may get more from it, if you have first read some of the author's earlier, less ambitious, works.

A must-have for anyone who is in the market to master their own mindfulness.

I can relate to and draw meaning from much of what Dr. Kabat-Zinn has to say in this book. Occasionally, he gets too deep and "philosophical" and he loses me as a reader, however, the next chapter generally brings me right back in. I checked this out of the library first and found I was not able to read all before it was due back (on wait list, unable to renew) so I purchased the book. It's easiest to read and to think about the book in short segments of time.

Jon Kabat-Zinn writes with the unusual combination of heart, common sense, compassion and scholarly knowledge. This is a book I go back to again and again. It doesn't have to be read cover to cover but works at almost any random place you want to open it. Jon Kabat-Zinn is a true national

treasure.

Amazing Book!!!!!!As humans we have loosed a total sense of who we really are and what our main purpose in life is. We get constantly confused by the incessantly noisy and thinking mind that we no longer appreciate the present moment just the way it unfolds in our life. This book can unquestionably give you a bigger sense of belonging to this earth and to this body you have, and as a result acting in life with mindfulness and respect towards ourselves and the world as well. Good Gob Jon Kabat-Zinn!!!!!!

JKZ never disappoints.

This is a great book for those looking a way to live their life more fully moment to moment. Rather than running from pain, stress and creating all the mindless distractions we seem to do, perhaps there's a way to lean into life, living it with more awareness and mindfulness. A book to appreciate just how Awesome we are and that it really is an illusion that we ever think we're alone.

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