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In 1990, mindfulness expert Jon Kabat-Zinn published Full Catastrophe Living, a guide to releasing stress in times of great challenge. A few years later, Kabat-Zinn released a follow-up to this landmark book. http://ebookslibrary.club/Wherever-You-Go--There-You-Are-Book-Review-GoStrengths-.pdf

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This classic book from mindfulness pioneer Jon Kabat-Zinn brings meditation down to earth.

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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."

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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,

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