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This set of CDs is a great introduction to mindfulness narrated by Jon-Kabat-Zinn who pioneered the use of it within a structured program for use in health services. The multidisciplinary approach used by the program which combines mindfulness and yoga has been replicated in many places.

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Mindfulness for Beginners Publisher: Sounds True ...

On Mindfulness for Beginners, this internationally known scientist, bestselling author, and teacher who brought mindfulness meditation into the mainstream of medicine and society gives you immediate access to a practice that can potentially add years to your life, and will certainly enhance the quality of your moments and your years.

Mindfulness for Beginners - Sounds

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provides an introduction to mindfulness
meditation followed by foundational
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2 BONUS tracks aimed to help
individuals learn how to apply a mindful
approach to real-world physical and
emotional problems. What is unique

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Mindfulness Meditation and Stress Reduction for Beginners ...

Apparently, Jon Kabat-Zinn is an, or the, expert within the field of mindfulness. A CD containing guided meditations accompanies the book. I have to say I was unable to meditate while listening to these though Jon Kabat-Zinn seemed to be saying some sensible/inspiring things.

Mindfulness for Beginners by Jon Kabat-Zinn

Other formats: Hardcover , Audio CD , Multimedia CD Guided Meditations for Deep Sleep, Developing Mindfulness and Self-Healing: Beginner Meditations to Overcome Insomnia, Anxiety, Depression, Relieve Your Stress and Live the Happiest Life Possible

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highly respected Zen masters of all time, Thich Nhat Hanh. It is simple but profound at the same time.

10 Best Mindfulness CDs / Mindfulness DVDs You Need In 2019

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Mindfulness for Beginners Audio CD

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- Audiobook, 31 August 2006

On CD 1, Kabat-Zinn presents "Mindfulness 101" - an accessible, comprehensive tutorial that addresses the basics of mindfulness meditation and explores the spacious, luminous and mysterious qualities of awareness itself. CD 2 guides listeners through a series of five meditations meant to be used at home, at work or while traveling.

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