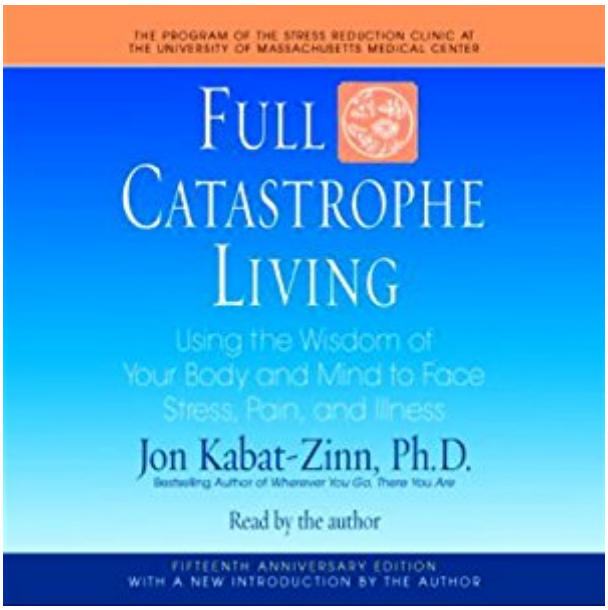
Ebook Directory
the best source of ebook

The book was found

Full Catastrophe Living: Using The Wisdom Of Your Body And Mind To Face Stress, Pain, And Illness



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Stress. It is everywhere around us. Even worse, it gets inside us: sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease. Now, based on Dr. Jon Kabat-ZinnÃ¢â ¬â„¢s renowned mindfulness-based stress reduction program, this groundbreaking book shows you how to use natural, medically proven methods to soothe and heal your body, mind, and spirit. By using the practices described within, you can learn to manage chronic pain resulting from illness and/or stress related disordersÃ¢â ¬Â¦discover the roles that anger and tension play in heart diseaseÃ¢â ¬Â¦ reduce anxiety and feelings of panicÃ¢â ¬Â¦improve overall quality of life and relationships through mindfulness meditation and mindful yoga. More timely than ever before, Full Catastrophe Living is a book for the young and the old, the well, the ill, and anyone trying to live a healthier and saner life in todayÃ¢â ¬â„¢s world.From the Trade Paperback edition.

Book Information

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 3 minutes
Program Type: Audiobook
Version: Abridged
Publisher: Random House Audio
Audible.com Release Date: December 11, 2007
Language: English
ASIN: B00115MP3S
Best Sellers Rank: #14 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Health #42 inÃ Â Books > Self-Help > Stress Management #148 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

To the days of my life before I found this book, or as I sometimes like to look at it, before this book found me. I was a high strung mess of anxiety, even afraid to go to work and face the "challenges" of a day of social interaction and internal struggle and emotions. I wasn't completely sure what I was, but I was pretty sure I was suffering from what doctors would call social or maybe generalized anxiety. And with that came depression and sometimes hopelessness of ever changing and moving on. This went on for years--for as far back as I can remember--and it only seemed like it was getting worse, and I was never able to accept myself, I thought myself a failure of some sort. What had I or

my parents done wrong in raising me? Why me?When I found this book, I had been through several programs for anxiety that I had found and downloaded online--none of them helping much--and when I read the introduction, something about it clicked with me. It somehow subconsciously made sense and I knew that I had found something that might actually change the way I WAS, and unknowingly but much more importantly, change the way I viewed myself.Over the next 8 months, I almost religiously followed the exercises in the book. I learned more about myself and the world around me in those eight months than I have in the past ten years, at least it feels that way.To cut a long story short, I still have anxiety, but on a scale of 1-10 it is now a 2 where it was an 7 or an 8 before. Simply put, practicing mindfulness pulls the rug from under anything that bothers you in any way. It teaches you that it’s ok to feel any emotion and think any thought because that is what is already here. It teaches you to accept those things, and in the process of doing that, those horrible horrible things lose their power over you, and you can begin to heal.To anyone suffering from emotional pain of any sort, please let me be an example to you that you don’t have to be controlled by these terrible feelings. Learn to accept them as they are, and they will go away by themselves.This book is a great way to start. Please consider

I remember when Bill Moyers first interviewed Jon Kabat-Zinn and I have been interested in mindfulness meditation off and on ever since. Five months ago I lost my husband. I also have Alpha-1 antitrypsin deficiency or "inherited emphysema" and I am on oxygen 24/7. This past summer the stress from both became unbearable. So I bought the book. It is an extremely easy read and the author lulls you into the practice, little by little, from page one. I am now a convert and I plan to take a live course the beginning of next year. I highly recommend this book.

Great book but takes a long time to read as it’s somewhere near 800 pages. I am almost finished with it, though, and definitely found it helpful. I like the author’s accessible tone, and the examples of others who found this program helpful were also really good.

Although I was introduced to meditation many years ago and have practiced it more or less faithfully ever since, this brought new insights, information and inspiration. I highly recommended it to those who are new to meditation, those who are "old hands" and everyone in between. It is well-written, highly motivating, and humorous in spots.

Great book. 4 stars for the pages. On such a thick book I wish the pages were heavier, they seem

extra fragile.

Having finally reached the age of "OLD" by most measures I am pleased to revisit this book with it’s newer ideas added to this revised edition by the author. Where did those 25 years go? A refresher course for me on how to "chill" a little more in todays jargon. I have adult daughters. Need I say more?

This is an excellent book on meditation. It provides multiple forms of meditation therapies, so it is not extremely in depth with each of them, but it does provide a great introduction for those interested in learning more about the arts

It appears to be meant for stress reduction, just as the title suggests. However, it is a bit repetitive, and seems to be aimed at selling the stress reduction program and its CD’s.

Download to continue reading...

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness Face to Face with Wolves (Face to Face with Animals) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Face to Face with Polar Bears (Face to Face with Animals) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Health & Power: Learn how to delete illness, pain and suffering using key Energy Testing Tools to discover the facts from your own body. Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Face Painting: The Ultimate Guide to Face Painting Supplies and Face Painting Kits Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter

Recipes, natural remedies) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconcious mind power, NLP, Neuro Linguistic Programming) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Full Time RV Living: The Essential Guide to Stress-Free Living in an RV for Independence, Simplicity, and Endless Travel ~ (RV Lifestyle | Full Time RVing) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1)

Contact Us

DMCA

Privacy

FAQ & Help